



Wednesday, January 22, 2020 - Volume 12, Issue 12

The Waterloo Catholic District School Board presents...

Money 101: What you need to teach your kids about money!

A Personal Financial Literacy Presentation

“Control your money or it will control you!”

Money-related stress is overwhelming many Canadian families:

- 41% of Canadians rank money as their greatest stress
- 46% of Canadian employees say financial stress is impacting their workplace performance

Join us for a fast-paced 90-minute presentation that is guaranteed to increase your level of financial literacy so that you can help your kids manage their money throughout their lives. Here's what session attendees said after seeing a recent 'Money 101' presentation: “Dynamic! Realistic! Practical!”

“Awesome! Thank you for some real advice at a level I could understand!”

Topics will include:

- Think 'local' for your post-secondary pathway!
- Debt matters – credit cards, mortgages and lines of credit
- I deserve a new car – NOT
- I've saved...now tell me how to how to invest!
- Use what they give you – RESP, TFSA & RRSP accounts

Three evening presentations (7:00 – 8:30 pm) to choose from:

Wednesday, January 22, 2020 at St. Benedict C.S.S.

Tuesday, February 4, 2020 at St. Mary's C.S.S.

Monday, February 10, 2020 at St. David C.S.S.

Registration Details: Please email diana.bumstead@wcdsb.ca to reserve your spot. Presented by Fred Masters, President & Founder, Masters Money Management. Mr. Masters is a financial literacy expert guest

speaker with three decades of experience teaching senior finance courses and is a licensed mortgage agent. He was Head of Business & Co-op at Resurrection prior to retirement. Follow @MastersMoney101 and visit www.mastersmoneymanagement.ca for further details.

The Waterloo Catholic District School Board has contracted with Fred Masters to plan and deliver this valuable workshop. As Mr. Masters is a subject matter expert, the Waterloo Catholic District School Board accepts no responsibility for the financial advice that is provided both during or after the session.

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

By WCDSB NewsWire

It's time to sign up for the 2020-21 school year – and registering to attend one of Waterloo Region's 43 [Catholic elementary schools](#) and five [Catholic secondary schools](#) has never been easier. In fact, a quality, inclusive, faith-based education is just a click away for families of Kindergarten students thanks to the Waterloo Catholic District School Board's [Online Registration](#) system.

QUICKFacts

~~ Parents can access the Online Registration form by clicking on the [Register for School](#) link on the [WCDSB Homepage](#) and then choosing either [Kindergarten Registration](#), [Elementary Registration](#) or [Secondary Registration](#). The link to Online Registration can be found on each page under the

“Registration Options”

~~ Children born in **2016** are eligible for **Year 1 Kindergarten (JK)**.

~~ Children born in **2015** are eligible for **Year 2 Kindergarten (SK)**.

~~ When registering your child to attend a Catholic elementary school you must be prepared to provide proof of the child's date of birth and either the child's Catholic baptismal certificate or the Catholic baptismal certificate of at least one parent or guardian.

~~ **If you are non-Catholic, but wish to explore a Catholic education for your child(ren), please review the WCDSB [Admissions to Catholic Elementary Schools](#) policy. Our secondary schools are open to students of all faiths.**

~~ A complete list of WCDSB schools that will offer the **Extended Day Program** in 2020-21 will be web-posted in April, 2020. Please call your school directly for information about the Extended Day Program. A complete list of WCDSB schools currently providing the program is available via this link: [Extended Day Program](#).

~~ For information about **French Immersion** programs in Kitchener, Waterloo and Cambridge, please click here: [French Immersion Registration Information](#).

The Waterloo Catholic District School Board, representing more than 96,000 Catholic school supporters, operates 48 schools and five adult education facilities serving more than 40,000 elementary, secondary and continuing education students in Waterloo Region – continuing a 184-year tradition of quality, inclusive, faith-based education. Follow us on Twitter: [@WCDSBNewsWire](#) – [#WCDSBAwesome](#).

Administrative

St. Benedict C. S. S. - Semester 1 Final Evaluation Schedule for January 2020

All courses (except those listed below) will have a 75 minute Final Evaluation taking place on January 24, 27, 28 or 29.

Students who meet the following criteria will not be required to attend school in the afternoon on these days.

- a) have achieved a passing grade;
- b) have submitted all summative activities and
- c) have completed all components of their final culminating activity

Students who do not meet the above criteria will be required to attend Credit Rescue in the afternoon on these days with the possibility of attending an additional 2 hour Credit Recovery class on February 1 in an attempt to be successful in obtaining their credit.

QUIET DAYS for GRADES 9 – 12 are January 21, 22, and 23.

All students are expected to be in full uniform during exams and Credit rescue.

The following courses will have a 2 hour Final Evaluation taking place on January 24, 27, 28 or 29:

Business: Introduction to Financial Accounting BAF3M, Analyzing Current Economic Issues CIA4U, Principals of Financial Accounting BAT4M

Communications - English/French: Grade 11 University English ENG3U; Grade 11 College English ENG3C; Grade 11 University Core French FSF3U, Grade 12 University English ENG4U; Grade 12 College English ENG4C; Grade 12 University Writer's Craft EWC4U; Grade 12 University English Literature Studies ETS4U; Grade 12 University Core French FSF4U

Geography: Physical Geography CGF3M, The Environment & Resource Management CGR4M, Canadian & World Issues CGW4U

History: American History CHA3U, World History CHW3M, Understanding Canadian Law CLU3M, Canadian History CHI4U, World History CHY4U & CHY4C, Canadian and International Law CLN4U, Global Indigenous NDW4M

Math: All Grade 10 Academic 2D; All Grade 11 University 3U; Grade 11 University/College 3M, Grade 12 University 4U; Grade 12 College Technology MCT4C

Religion: Grade 11 University/College World Religions HRT3M, Grade 12 University/College Church & Culture HRE4M

Science: All Grade 9 & 10 Academic 1D, 2D; All Grade 11 College 3C; Grade 11 University/College 3M; Grade 11 University 3U, Grade 12 College 4C; Grade 12 University 4U

Social Sciences: Introduction to Anthropology HSP3M, HSP3C, HSP3U, Individuals & Families in a Diverse Society HHS4C & HHS4U, Challenge & Change in Society HSB4M, HSB4U

Technology: All grade 11 and 12 Health Care TPJ3M, TPJ4C, TPJ4M

Physical Education: Grade 12 University Exercise Science PSK4U

Friday, January 24, 8:10 – 10:10 am

75 minute exam for Period 1 class OR 2 hour exam for Period 1 class

Note: All students will remain in their exam room for the full 2 hours.

Bus Pickup 10:30 AM

Teachers will offer Credit Rescue on a needs basis in the afternoon.

Monday, January 27, 8:10 – 10:10 am

75 minute exam for Period 2 class OR 2 hour exam for Period 2 class

Note: All students will remain in their exam room for the full 2 hours.

Bus Pickup 10:30 AM

Teachers will offer Credit Rescue on a needs basis in the afternoon.

Tuesday, January 28, 8:10 – 10:10 am

75 minute exam for Period 3 class OR 2 hour exam for Period 3 class

Note: All students will remain in their exam room for the full 2 hours.

Bus Pickup 10:30 AM

Teachers will offer Credit Rescue on a needs basis in the afternoon.

Wednesday, January 29, 8:10 – 10:10 am

75 minute exam for Period 4 class OR 2 hour exam for Period 4 class

Note: All students will remain in their exam room for the full 2 hours.


Bus Pickup 10:30 AM

Teachers will offer Credit Rescue on a needs basis in the afternoon.

Thursday, January 30, 8:30 – 10:30 am

Credit Rescue time as arranged by the teacher and student.

No buses today.



GRAD PHOTOS START JAN.7TH!

**BOOK YOUR
APPOINTMENT
ONLINE TODAY!**

www.prestigeporraits.ca
*limited appointments - book today!

And once you get grad photos taken care of....

Are you a grade 12 student who is planning to graduate this year? If so, make sure you turn your fees and grad form into guidance no later than February 20th! We need this information ASAP so we can order your gown. If you have any questions, see Mrs. Spitzig in room 307!



Uniform Reminder

With the colder weather upon us, we would like to remind parents/students about our [uniform policy](#) at St. Benedict. The only item to be worn under a uniform top is a plain white, or navy blue short/long sleeved crew neck shirt. No hoodies or sweatshirts are to be worn under a uniform top at any time of the school year. If students are unable to be in proper uniform, they will be asked to work in the Main Office.

Bus Delays Information

Does your child take a yellow school bus to school? Would you like to receive updates on bus delays and cancellations? If so, please visit <https://bpweb.stswr.ca/> and click on "Delays & Cancellations" on the top right hand corner. Then click on "Subscriptions". Enter your email address, and you will be able to sign-up for text message alerts which will notify you if your child's bus is running late.



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. O'Connor Administrative Assistant ext. 5631

Are you considering volunteering at St. Benedict?



Volunteers are a welcome resource at St. Benedict C.S.S. The school is in a position of trust with regards to students and must strive to protect their intellectual, physical, mental, and emotional well-being. As such, the WCDSB administrative procedure (APO 001) mandates that all volunteers be screened, references checked, and Criminal Background Check (CBC) done. School administration reserves the right to oppose or rescind any volunteer placement.

If you would like to volunteer at St. Benedict, please contact [Ms. Fondacaro](#) or visit our [Volunteering](#) page on the school website.

University of Waterloo Grade 10 Family Night

Do you have a child in Grade 10 planning on attending university? If so, you and your child are invited to learn what you can do now to prepare. It is never too early for students to think about the future. The University of Waterloo is hosting Grade 10 Family Night on Thursday, February 20th at the Hagey Hub and Humanities Theatre. Topics include: applying to university, finding a program they will love, financing a university education, and more. If you are interested in attending this session, please click on the link below to register: uwaterloo.ca/future/grade-10



Need a quiet space after school to get some homework done?

Perhaps some extra support to help prepare for Exams!

**All students are welcome to the
Literacy Lab Homework Club
in Rm 212 AFTER SCHOOL**

Every Wednesday & Thursday from 2:15-3:30pm.

Hope to see you there!

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](#)

What are the 3 assessment practices?

Assessment "FOR" learning	Assessment "AS" learning	Assessment "OF" learning
Teachers continually seek out evidence of student learning to determine what they know and inform future teaching based on curriculum expectations.	Students reflect on and monitor their own progress to inform their future learning goals.	Teachers use evidence of student learning to make judgements on student achievement against curriculum expectations.

You could think about it this way...

Assessment "FOR" learning	Assessment "AS" learning	Assessment "OF" learning
		
The master chef observes the cook at work and makes suggestions based on the recipe.	The cook tastes the soup and makes adjustments as needed for improvement.	The master chef tastes the soup and provides feedback on the final product.

****If you want to know more about these assessment practices, consider having a conversation with your child's teacher and/or an administrator.****

The WCDSB is Hiring!

The Waterloo Catholic District School Board is hiring Teachers. Teachers, please apply via Apply to Education. For open opportunities, please check the Careers page on www.wcdsb.ca, or visit www.applytoeducation.com.

Nominations Open for WCDSB Distinguished Graduate, Community Partner & Chair's Awards

By WCDSB NewsWire

Nominations are now open for the annual WCDSB “**Distinguished Graduate Award**”, “**Community Partner Award**” and “**Chair's Award**”. Information about the awards (including the Distinguished Graduate Award nomination form) is available [HERE](#). There are no nomination forms for the Community Partner and Chair's Awards.

If you wish to make a nomination in any of the categories, please submit your rationale in writing along with any supporting documentation you feel appropriate, to Alice Figueiredo by **Monday, March 2, 2020**. Hard copy or emailed nominations are equally acceptable. Alice can be reached via email at alice.figueiredo@wcdsb.ca.

Distinguished Graduate Award

The Distinguished Graduate Award was established in 2005 under the Board's “Celebration of Excellence” policy. It is presented annually to a graduate of 10 or more years from Waterloo Region's Catholic Schools who has provided an outstanding example of the Ontario Catholic School Graduate Expectations in action. The award is presented at the graduation exercises of the recipient's Secondary School or another appropriate public venue.

Community Partner Award

The Community Partner Award is presented annually in recognition of outstanding contributions made to Waterloo Region's Catholic Schools by a community partner or agency serving the students, staff and greater community of Waterloo Region.

Chair's Award

The Chair's Award is presented to a person (or group of people) in the school system who has contributed significantly to Catholic Education. It is given annually in recognition of outstanding contributions made in serving the students, staff and greater community of Waterloo Region and/or to the betterment of Catholic Education in Ontario in general.

Academic

Enriching the Lives of Students

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

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.

Phys-Ed Blue Mountain Ski Trip

By Mr. N. Dufresne

All students who have taken or are presently taking a Phys-ed course this year are eligible to go on our annual ski/snowboard trip to Blue Mountain. The Trip is on Friday February 28th. The \$65.00 cost includes return trip by highway motor coach, lift ticket and lesson. Ski, snowboard and helmet rentals are \$15 extra! All students interested must pick up a registration package from the PHE office and have their forms and money submitted no later than February 21st. Spaces are limited so don't delay.

New Programming Course Offered for Grade 10!

The Business and Computer Studies department is excited to announce a new programming course being offered in 2020 for grade 10s. With sufficient enrollment, we hope to offer the **ICS 20 Introduction to Computer Studies** course.

From the Ministry curriculum document for the course: "This course introduces students to computer programming. Students will plan and write simple computer programs by applying fundamental programming concepts and learn to create clear and maintainable internal documentation. They will also learn to manage a computer by studying hardware configurations, software selection, operating system functions, networking, and safe computing practices. Students will also investigate the social impact of computer technologies and develop an understanding of environmental and ethical issues related to the use of computers."

Students who are considering a career in the computer industry can use this course as an opportunity to see what programming is about before taking the grade 11 and 12 ICS courses. "I think it's great for students thinking of taking a computer co-op or getting into the Information and Communication Technology High Skills path," says Mr. Milardovic, one of our school's computer teachers, "Students with an actual coding course under their belt before engaging in co-op in grade 11 or 12 will definitely have an advantage in the field."

Not only will students cover the curriculum, but they will also get the opportunity to participate in computer contests and challenges in order to further develop their programming skills.

Students who are interested in the course should see Mr. Milardovic in the business workroom or room 216 at lunch or after school; parents can [email Mr. Milardovic](#) for more information.

NEW this summer – Civics and Careers e-Learning Travel Credit

By WCDSB Pathways Office

This summer, the WCDSB is piloting an exciting opportunity for our students entering Gr. 10 to complete the Civics (.5 credit) and Careers (.5 credit) online and then extend their learning with a one-week trip to Ottawa, Montreal and New York City.

Timeline includes a mandatory face-to-face meeting June 30; digital course work July 6 -21st; travel July 22-28th.

Travel arranged through EF Tours – [Click here for itinerary details.](#)

Information, including the registration code, can be obtained from Judy Carley – WCDSB Pathways: judy.carley@wcdsb.ca or by calling 519-578-3660 x.2485.

Communications Corner

By Mrs. C. Friedrich

Did you know that the Communications Department consists of English, French, and Spanish classes? Over the next few weeks you will see some additions to the Language and Communications page of the school website. We will be moving away from the blog format and we will be creating an information page to help students and parents navigate courses offered through the Communications Department. We will provide useful tips, links, and pertinent information.

Course selections will be taking place very soon. The Communications Department has a wide selection of choices and there is a suitable course for each student. We offer courses to prepare students for each of the pathways.

We are currently in our second year of offering Advanced Placement Grade 12 University English (ENG4UE). This course is a continuation of the Pre-AP courses offered in Grades 9 - 11. Students enrolled in AP English do not do more work than students enrolled in Grade 12 University (ENG4U) - their learning and critical thinking skills are developed to help them pursue successful post-secondary academic careers. [Click here for more information about AP and University Admissions in Canada.](#)



Do you see Sector Partner Contextualized Component (SPCC) on your compulsory certifications?

Here is more information about that, from the Ministry of Education

- This required component includes one of the following options: Innovation Creativity and Entrepreneurship (ICE) training, coding and mathematical literacy.
- The Sector-Partnered Contextualized Component will require an approximately 6-hour activity, delivered with a sector partner and have an experiential and an assessment component.

Semester 2 we will be offering some full day sessions with an outside provider to help students complete this requirement.

Or if you are doing something with an outside partner through school or the community (think ICE Challenge, APPS for Learning, E-car, Robotics competitions, Programming contests, DECA, Mock UN, Drama Festival, HOSA competition, Art Battle Stock competition, Skills Canada) **this could count.**

See Mrs. Crowell in the co-op office (2nd floor) for a form to complete and check to see if it will meet this requirement.

Sports

Arts & Culture

Business

Construction

Energy

Environment

Health & Wellness

Hospitality & Tourism

Info & Communications Tech

Justice, Emergency Services
& Community Safety

Manufacturing

Transportation

Are you signed up for SHSM?

Training opportunities are happening! Check your school email account for messages about upcoming certifications.

You can also go to highskills.ca and go under trips and trainings for your school and sector to see what is coming up.

GOT QUESTIONS?

See your guidance counsellor or Mrs. Crowell in the co-op office.

Novice Volleyball Girls are golden!

By Ms. A. Whalen

Saints! Your novice girls volleyball team brought home GOLD medals on Tuesday last week. They competed at St. David's in their D8 championship and came back as champions placing first in their league. Please give a big congratulations to our athletes when you see them in your classes or in the halls. Way to saints!

Sports results

NOVICE BOYS BASKETBALL

St. Benedict CSS 67, St. David CSS 35

JUNIOR BOYS BASKETBALL

St. Benedict CSS 55, St. Mary's HS 46
Resurrection CSS 69, St. Benedict CSS 50

SENIOR BOYS BASKETBALL

St. Benedict CSS 42, St. Mary's HS 41
St. Benedict CSS 71, Resurrection CSS 46

JUNIOR GIRLS VOLLEYBALL

St. Benedict CSS 3, Woodland Christian HS 1
ES Pere-Rene-de-Galinee 3, St. Benedict CSS 1

SENIOR GIRLS VOLLEYBALL

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

SENIOR BOYS ICE HOCKEY

St. Benedict CSS 5, St. Mary's HS 1
St. Benedict CSS 5, St. David CSS 4
Resurrection CSS 4, St. Benedict CSS 0

Saints Invitational Silver for Home Team

By Mr. J. Malnerich

Congratulations to the Sr Boys Basketball team for making it to the finals of the Saints Invitational Tournament in front of a packed crowd here Saturday night. The Saints came up a bit short losing to Eastwood 50 to 42. They beat Burlington Assumption 58 to 50 in the Semifinals and knocked off Timmins High, Brantford North Park and Barrie Innisdale on the way there.

Congratulations to Adian Whalen for being named a first team All-Star and Jaylan Honeyghan for being named to the Second Team.

We would like to say a quick thank-you to all the student and staff volunteers who worked at the Basketball tournament over the weekend. We received countless compliments on how well things were run and how you made our guests feel very welcome. We would also like to thank all the fans that came out and supported the Saints when they played. Sincere thanks from the tournament committee.

Student Activities

Clubs

ACE Robotics team presents: Safety at Home

By Christina Rawson

Hey there Saints! The ACE robotics team has some super rad safety tips to keep you and your home safe. Fire safety is very important in a home and these are just some tips for you to remember:

Hazards:

- Store all flammable materials away from heat
- Don't let trash accumulate in attics, basements, or garages
- Don't run extension cords behind carpets or curtains, and ensure the wires are not frayed
- Don't overload circuits

Stay safe saints! :)

The Green Bins are here!

In case students are wondering where the nearest green bin is...

- in the staff room
- 1st floor atrium by the old library entrance
- 2nd floor atrium by the other garbage
- 3rd floor by the elevators
- in the cafeteria
- by the gym

Several classrooms have also asked for containers, so smaller ones have been placed in those rooms.

Thank you for doing your part to protect the Earth and the environment!

What goes in: All food waste, paper towels, plates, napkins, pet waste, indoor plants



What stays out: These items are not accepted in the green bin program



Unsure of an item? Visit www.regionofwaterloo.ca/waste and click on Waste Whiz
Need a **Containers only** or **Paper and plastic bags** sticker for your blue box? Call 519-575-4400

The Arts

Other News

St. Margaret
Family Day Weekend
Craft Show & Market

Bring the whole family!
Beavertails 11am - 2pm
Supervised Kids' Zone
crafts and colouring
free face painting 10am - 1pm

Saturday, February 15th
9am - 3pm

30+ vendors • free raffle table
door prize entry for first 50 families
ballot to win a prize with every purchase

St. Margaret Catholic Elementary School • 210 Cowan Blvd • Cambridge
Please bring a reusable: mug, shopping bag and container for the cookie walk!
Free entry! Non-perishable food donation welcome!



Canada  Funded by the Government of Canada

WELDER / METAL FABRICATOR

PRE-APPRENTICESHIP PROGRAM

This program is **tuition-free** and will give students the basic welding and fabrication skills required to start a new career.

BEGINS

April 20, 2020

WATERLOO
CAMPUS

FREE TUITION AND TRAINING

ADMISSION REQUIREMENTS

- OSSD or GED*
- 16 years of age or over
- Canadian Citizen or Permanent Resident
- 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 times

Hands-on, in-school training for 25 weeks with an 8 week paid work placement.

FOR MORE INFORMATION: Contact Kristen Goetz at 519-885-0300 ext. 5484
Email: preapp@conestogac.on.ca

CONESTOGA COLLEGE 2020

PRE-APPRENTICESHIP ADMISSION PROCEDURES

Conestoga College is now accepting applications for our FREE Welder/ Metal Fabricator Program!

To be considered you must do the following:

1. ATTEND A PROGRAM INFORMATION SESSION

- | | | |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>■ LOCATION
Waterloo Campus
108 University Avenue East</p> | <p>■ DATES</p> <ul style="list-style-type: none">• Tuesday, January 7
5:00 to 6:00 p.m.
Room 1C09• Thursday, January 16
5:00 to 6:00 p.m.
Room 1C09• Tuesday, January 21
5:00 to 6:00 p.m.
Room 1C09 | <ul style="list-style-type: none">• Thursday, February 6
5:00 to 6:00 p.m.
Room 1C09• Tuesday, February 11
5:00 to 6:00 p.m.
Room 1C09 |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

2. ATTEND AN ASSESSMENT SESSION

You must attend an information session before attending an assessment session.

If you decide that you would like to be considered for this pre-apprenticeship program, you will need to attend an assessment session. You will be assessed in English, Mathematics and Mechanical Aptitude.

- **Tuesday, January 28**, 5:00 - 6:15 p.m, room 1C09
- **Thursday, February 20**, 5:00 - 6:15 p.m, room 1C09

Please be on time! ** Please bring a pencil, pen, eraser, calculator and your SIN number. You will be provided with a program application form.

3. PERSONAL INTERVIEW

Selected applicants will be invited to return for a personal interview. If you are chosen, you will receive either a telephone call or email to advise you of the date and time of your interview.

Please ensure that you bring:

- Copy of OSSD, GED or equivalent
 - Copy of your high school transcript if you have not yet completed your OSSD or GED
 - Any reference or recommendation letters from employers or instructors
 - Current resume
- Acceptance is based on a combination of your assessment results and the personal interview.

FOR MORE INFORMATION:

Contact Kristen Goetz at 519-885-0300 ext. 5484
Email: preapp@conestogac.on.ca





Managing Anxiety for Youth

Monday February 24, 2020

4:00pm-6:00pm

**Chaplin Family YMCA- Teen Zone
250 Hespeler Rd., Cambridge, ON**

The workshop is intended for youth aged 12 to 18 wishing to better understand anxiety and how to cope with it.

You will learn:

- What is anxiety?
- How does the fight, flight or freeze response affect us?
- What is the connection between our thoughts, feelings, and behaviours?
- Strategies to cope with anxiety
- Cognitive Behavioural Therapy-based strategies to challenge anxious thoughts and feelings
- Practical handouts and resources to try at home

Facilitators- Tanya Fathieh-Ngunjiri, Rachel Clements

Tanya Fathieh-Ngunjiri and Rachel Clements are registered social workers specializing in the area of child and youth mental health. Tanya and Rachel work as clinicians at Front Door providing walk-in counselling and consultation to children up to age 18 and their caregivers.

**Register for free at
www.frontdoormentalhealth.com**



Calendar of Events

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

Thursday, January 23

10:40am: MCU Club
10:40am: DECA Business Club
10:40am: Chess Club
10:40am: Racing Saints E-Car Team
2:15pm: Band

Friday, January 24

8:00am: Final Evaluation days

Monday, January 27

8:00am: Final Evaluation days

Tuesday, January 28

8:00am: Final Evaluation days

Wednesday, January 29

8:00am: Final Evaluation days

Thursday, January 30

Credit Rescue (if required)

Friday, January 31

Professional Activity Day

Sunday, February 2

Groundhog Day

Monday, February 3

Semester 2 starts

10:40am: Fresh Club
10:40am: MCU Club
10:40am: Finance Club
2:15pm: Choir
3:00pm: Jr. Boys Basketball vs St. David CSS
3:00pm: Sr. Girls Volleyball @ Msgr. Doyle CSS
3:00pm: Jr. Girls Volleyball @ Msgr. Doyle CSS
4:30pm: Sr. Boys Basketball vs St. David CSS

Tuesday, February 4

Grade 8 Information Night

Pathways Presentation

10:40am: Arts Council
10:40am: DECA Business Club
10:40am: Champions for Change Club
10:40am: Racing Saints E-Car Team

Wednesday, February 5

BENN Newsletter release

10:40am: Eco Club
10:40am: Model UN Club
10:40am: Cosmo Club
10:40am: Spoken Word Club
10:40am: MarioKart Club
10:40am: Racing Saints E-Car Team
2:15pm: Magic the Gathering club
3:00pm: Sr. Girls Volleyball vs St. Mary's HS
3:00pm: Sr. Boys Basketball @ Msgr. Doyle CSS
3:00pm: Jr. Girls Volleyball vs St. Mary's HS
4:30pm: Jr. Boys Basketball @ Msgr. Doyle CSS

Thursday, February 6

10:40am: MCU Club
10:40am: DECA Business Club
10:40am: Chess Club
10:40am: Racing Saints E-Car Team
2:15pm: Band
2:15pm: Sr. Boys Hockey @ St. Mary's HS
4:30pm: Novice Boys Basketball @ Resurrection CSS
5:30pm: Novice Boys Basketball @ St. Mary's HS

Friday, February 7

8:00am: Wrestling: Bluevale Tournament
10:40am: MCU Club
10:40am: Coders Club
2:15pm: Doctor Who Video Club

Monday, February 10

Course Change Deadline
10:40am: Fresh Club
10:40am: MCU Club
10:40am: Finance Club
2:15pm: Choir

See the calendar on the
 school website for the most
 up-to-date information!

The BENN Newsletter

[Unsubscribe](#) | [Manage subscription](#)



St. Benedict Catholic Secondary School

50 Saginaw Parkway, Cambridge, ON N1R 5W1

Telephone: (519) 621-4050

FAX: (519) 621-4057

Attendance: (519) 621-4001