



Wednesday, May 6, 2020 - Volume 12, Issue 16



## Catholic Education Week 2020

### WEDNESDAY: The Hope Among Us

## A Message from Administration

It's hard to believe that we are in our 5th week of the Learn @ Home. Although, not our preference, many of us have adapted to our new way of operating. As you have heard the Ministry of Education has extended the school closure until at least May 31st as their best way to keep our students, staff, families and community safe from COVID-19. Regrettably, secondary graduation ceremonies and the prom have been cancelled. The class of 2020 will be remembered as the graduates who sacrificed their rites of passage for the safety of their community. Thank you for your understanding during this difficult time, we acknowledge that this is not easy to accept and impacts you deeply. Although this is challenging, we know that you will move forward as a true Saint with strength and spirit.

The St. Benedict Staff miss being at work and having the privilege of working with your children in person daily. We are blessed to have an amazing staff who continue to reach out to every student to engage them in their learning. Please continue to encourage your child to participate fully in the learning that is being provided as this will only assist them in reaching their goals.

Our grade 12 students have received a midterm mark this past week and this mark can continue to improve based on the work they will be involved with over the final two months of the school year. This opportunity to improve on the grade you currently have also applies to all students in grades 9, 10 and 11.

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*Please continue  
to encourage your  
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learning that is  
being provided...*

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The Ministry of Education has also removed all Professional Development days (PD days) and examination days and transferred them all to instructional days. The WCDSB will be providing direction to all schools regarding culminating activities, assessment, grading and reporting. WCDSB has excellent resources through <https://wcdsblearnathome.wcdsb.ca/> including a 'Frequently Asked Questions (FAQ)' section and the pray at home resource: <https://wcdsblearnathome.wcdsb.ca/pray-at-home/> Continue to monitor these

sites for updates.

As a Catholic community we are celebrating the gift of Catholic Education this week. The theme of Catholic Education week is *Igniting Hope*.

"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit." (Romans 15:13)

Blessings to you and your families,  
The Administration at SBCSS

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## Chaplain's Chat

### Happy Catholic Education Week - "Igniting Hope"

### The theme for today is "The Hope Among Us"

Check out the [Pray@Home](#) portal on the WCDSB website for a lot of great features for people of all ages. There are quotes from Pope Francis, scripture readings, prayers, meditation, videos and music. The elementary sight is especially fun and creative.

The reflection and prayer today come from the portal.

## Reflection

"Christ is alive. He is our hope and in a wonderful way...everything he touches becomes young, new and full of life. Today, amid so much darkness, we need to see the light of hope, and to be the men and women who bring that hope to others." - Pope Francis

## Prayer

Jesus,  
You are the light of the world.  
You are the hope among us.  
You walk with us.

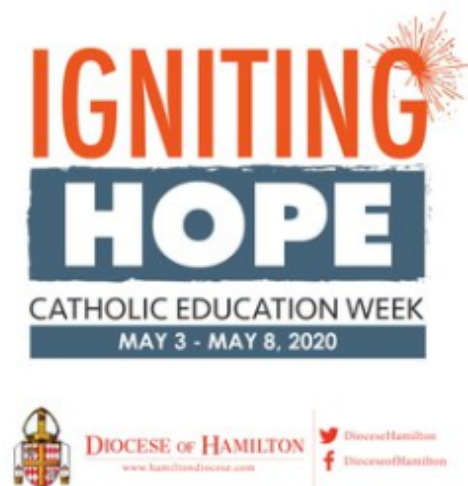
Your hope shines a light in the pandemic shadows.  
Your hope shines in the community of people that surround us.  
Your hope shines in each of us and through each of us.

May Jesus fill you with joy and peace in believing, so that you may abound in hope, by the power of the Holy Spirit. Amen!

Bob R.



## Join us Friday for Mass with His Excellency Bishop Crosby



## School support contacts

Parents, if you need to contact your son's or daughter's Guidance Counsellor or Student Success teacher, please contact them via email below:

### Guidance Counsellors

[Ms. O'Toole](#) - Alpha A to Di + Int'l students

[Ms. Arkell](#) - Alpha Dj to Ki

[Mr. Betik](#) - Alpha Kl to Pl

[Mrs. O'Neill](#) - Alpha Po to Z

### Student Success Teachers

[Ms. Romanick](#) - Alpha A to C

[Mrs. Borba](#) - Alpha D to H

[Mrs. Healy](#) - Alpha I to Me

[Mrs. Missio](#) - Alpha Mi to P + Community & Active

[Mr. Malnerich](#) - Alpha Q to Z

## Course Change information

Any student wishing to make a course change for 2020/2021, please email your guidance counsellor. Be sure to include your parents/guardians email on the course change request. Please consider graduation requirements and post-secondary plans when making your course decisions.

To review your course selections and the course calendar, please log into My Blue Print (link on school website) to view your choices. The school course calendar can also be found on the [school website](#).

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## St. Benedict's Catholic Schools Advisory Council

### Virtual Meeting

Thursday, May 7th, 2020  
6:30pm - 7:30pm

For more information, please email  
[jennifer.jackson@wcdsb.ca](mailto:jennifer.jackson@wcdsb.ca)

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**May 4-10 2020 is Mental Health Awareness Week**

## Mental Health Week 2020

As we experience the realities of COVID-19 we are reminded of the importance of:

- a) paying attention to, and taking care of, our own personal wellness; and
- b) making sure to take the time to check in with and connect with others

### **REACH OUT AND CONNECT WITH SOMEONE**

If you or someone you know is currently in crisis, please call Here 24/7 at 1 (844) 437-3247 24/7 or dial 911.

School Mental Health Ontario has some GREAT tips for Self Care and wellness through their youth focused Mental Health Hub.

**Other great resources:**

[School Mental Health Ontario](#)

[COVID-19 Youth Mental Health Resource Hub](#) on **jack.org**

[Self-Care 101](#) on **jack.org**

[12 Instant Stress Busters](#) on **jack.org**

As well, many of our community organizations and resources have adjusted their services to be physical-distancing friendly. There is a list of services supports and initiatives on the [Children and Youth Planning Table of Waterloo Region COVID-19 resources](#) page.

**Whenever you  
need to talk,  
we're open.**



**Text 686868**



**KidsHelpPhone.ca**



**Call 1-800-668-6868**

**Kids Help Phone** 

## **Stay Connected.**

Check in with the people you love and come up with a plan to stay close and engaged with one another. We have so many digital options, use them.

**jack.org**

## **25 Day Well-Being Challenge**

During this time it is easy to feel blue because of what is happening around us. Many of us are at home for most of the day and when we go out even the simplest of errands have a new level of complexity. Schools are closed. We are unable to do some of the things that we enjoy. Bennie's UP has a fun and easy challenge that you can do together with your family, friends or on your own. The intention is to take some time to complete one challenge per day. At the end of the 25 days reflect on how you are feeling. Make a team to compete together and have fun doing it!





# 25 Day Challenge

**INSTRUCTIONS:** Start anywhere on the board and do one of the following activities daily. We encourage you to share this with other families and challenge them to participate as well. Once you are complete, reflect on how the challenge has contributed to your well-being.

Write a list of some skills you would like to improve. Spend 30 minutes working on the top item. <i>(Growth mindset, Authenticity, Self-efficacy, Grit)</i>	Write in a journal or draw your feelings and experiences around COVID-19. <i>(Mindfulness, Authenticity, Self-compassion)</i>	Find something that makes you laugh and share it with 5 people. <i>(Kindness, Healthy lifestyle, Authenticity)</i>	Read a fiction book or part of a fiction book. Try to imagine what it would be like to be one of the characters. <i>(Empathy, Kindness, Mindfulness)</i>	Send a thank you email to someone who you appreciate. Or even better, give them a call! <i>(Gratitude, Kindness, Integrity, Authenticity)</i>
Play a board game with a family member. <i>(Mindfulness, Intrinsic motivation, Kindness, Healthy lifestyle)</i>	Make a meal for your family. <i>(Healthy lifestyle, Kindness, Empathy, Mastery)</i>	Talk about your feelings to someone in your family. <i>(Cognitive flexibility, Mindfulness, Self-compassion)</i>	Plant some seeds. <i>(Healthy lifestyle, Mindfulness, Autonomy)</i>	Find a fun new app or program that improves your well-being. <i>(Self-compassion, Mindfulness, Mastery)</i>
Try a new DIY craft or project. <i>(Self-efficacy, Cognitive flexibility, Growth mindset, Autonomy)</i>	Do a random act of kindness for a family member. <i>(Gratitude, Kindness, Integrity)</i>	Set 3 goals for the day and complete them. <i>(Intrinsic motivation, Mastery, Autonomy, Self-efficacy)</i>	Spend one technology-free day. <i>(Healthy lifestyle, Grit, Resilience, Cognitive flexibility)</i>	List all the good things that have happened as a result of you being home. <i>(Optimism, Kindness, Mindfulness, Empathy, Cognitive flexibility)</i>
Do an online workout or skip/jump/dance and move for 30 minutes. <i>(Healthy lifestyle, Mastery, Grit)</i>	Bake or cook a recipe that you have not made before. <i>(Growth mindset, Resilience, Mastery)</i>	Dance to your favourite songs. <i>(Healthy lifestyle, Mindfulness, Authenticity)</i>	Ask each of your family members how you can make their day better and make those requests part of your day. <i>(Authenticity, Kindness, Empathy, Purpose)</i>	Offer to help someone (safely of course). <i>(Kindness, Purpose, Authenticity, Empathy, Cognitive flexibility)</i>
Just sit for a length of time looking at the clouds or stars. Reflect on your feelings afterwards. <i>(Mindfulness, Self-compassion, Authenticity)</i>	Find a meditation app and do a meditation or prayer session. <i>(Cognitive flexibility, Empathy, Self-compassion)</i>	Call or write a message to a relative or friend you haven't spoken to in a while and check in on their well-being. <i>(Kindness, Empathy, Resilience, Purpose, Integrity)</i>	Do something for no other reason than because you love to do it. <i>(Intrinsic Motivation, Authenticity, Purpose)</i>	Draw or paint something you find beautiful. <i>(Authenticity, Intrinsic motivation, Mindfulness)</i>

@umbrellapjct   

## STUDENT COUNCIL CO-PRESIDENT ELECTIONS

# This week marks the 2020-2021 Campaign & Election Week for St. Benedict's future Co-Presidents!

Last Friday saw the official candidates' names being shared with the school community, with this year's virtual campaign week officially beginning this past Monday. Information can be found on the school website, our school's twitter account, and daily updates on candidates official co-prez instagram accounts, as well as Bennies [SAC instagram](#). Be sure to check out all platforms!

Candidate's election speeches will be aired on SAC IG & the school website on Friday May 8th starting at 8am! All students will receive an email to your WCDSB account with instructions as to how to cast your votes. There will be directions on the school website as well. Voting will be open on Friday May 8th between 1pm and 5pm only.

Please follow all candidates on their official Instagram accounts to learn more about their platforms and ideas for the school. Be informed, and exercise your right to vote!

## SAC Co-President Election Timeline

**Friday, May 8**

Coming up! Student Council applications will be available on Monday, May 11th! Be sure to follow and check [@bennies\\_sac\\_updates](#) on Instagram for more information.

8:00am Campaign speeches

1:00pm-5:00pm Elections



**2020-2021 CO-PREZ  
ELECTION WEEK**

- Campaign Week: May 4th - May 8th
- Speeches will be aired May 8th starting at 8am
- Voting: May 8th 1pm-5pm

\*check back here and your school email to vote!

Stay connected on each of the candidates campaign accounts and our SAC instagram for campaign updates throughout the week. [@bennies\\_sac\\_updates](#)



## Technology department connects with industry

In the recent issue of the **CTMA View**, a publication of the Canadian Tooling & Machining Association, St. Benedict got two mentions. Now you may be wondering, "what does St. Benedict's have to do with Tooling and Machining?" Take a walk through the Annex--the "building behind Bennie's"--and there you will find Mr. Castela amidst a plethora of machinery, and by watching his interactions with his students you will quickly see the passion and dedication he has about providing students with some real-world skills in the machining industry.

In thanks to the CTMA for their support of our Manufacturing Engineering program, Mr. Castela had the opportunity at a recent function to present the CTMA with a sign which was manufactured by one of our students. See photo below.

St. Benedict CSS has also received a membership plaque as a member of the Canadian Tooling & Machining Association. This recognizes our school's Manufacturing Engineering program as an important partner in the growth and maintenance of a strong industrial sector in the region and beyond.

The connection of school to industry is an important one. Through interacting with other industry professionals, Mr. Castela can assure students of a top-notch education in the field. Industry, in turn, will receive students who are trained not only in machine operation, but in safety and other essentials which will help them succeed once they leave high school, regardless of their chosen pathway.

Thank you CTMA, and Mr. Castela!



**Mr. Castela presents a CTMA sign made by one of his Manufacturing Engineering students to CTMA President Chris Hergott.**  
*Photo courtesy of CTMA.*



**Mrs. Ingoldsby and Mr. Castela received their school's membership plaque from Robert Cattle, Executive Director of the CTMA.**  
*Photo courtesy of CTMA.*



# JA Online Programs

Gain the skills you need to make your dreams a reality.

GRADES  
3-12

JA's interactive online programs for elementary and high school students focus on our three pillars: entrepreneurship, work readiness, and/or financial literacy. Below you will find a list of our current online programs.

## Our Business World

Grades: 3-6 Duration: 2 hours



Introduces students to the possibilities of entrepreneurship in Canada.

## Economics for Success

Grades: 6-10 Duration: 2 hours



Enables students to gain a stronger grasp on who they are and what role personal strengths will play in their future success.

## More than Money

Grades: 3-6 Duration: 2 hours



Prepares students to manage their finances in the future.

## Entrepreneurial Trades

Grades: 10-12 Duration: 4 hours



Prepares students to understand, analyze, evaluate and applying financial and business skills for a successful trades career.

## Dollars with Sense

Grades: 6-9 Duration: 2 hours



Equips students with the information to make wise financial decisions, avoid living in debt, and become insightful investors.

## Investment Strategies

Grades: 10-12 Duration: 2 hours



Teaches students to save and invest for the future.

For more information, visit: [www.jacampus.org](http://www.jacampus.org)

### For More Information Contact:

JA Waterloo Region | [jawr.ca](http://jawr.ca) | [info@jawr.ca](mailto:info@jawr.ca)



@JAWatRegion



JAWaterlooRegion



JAWR



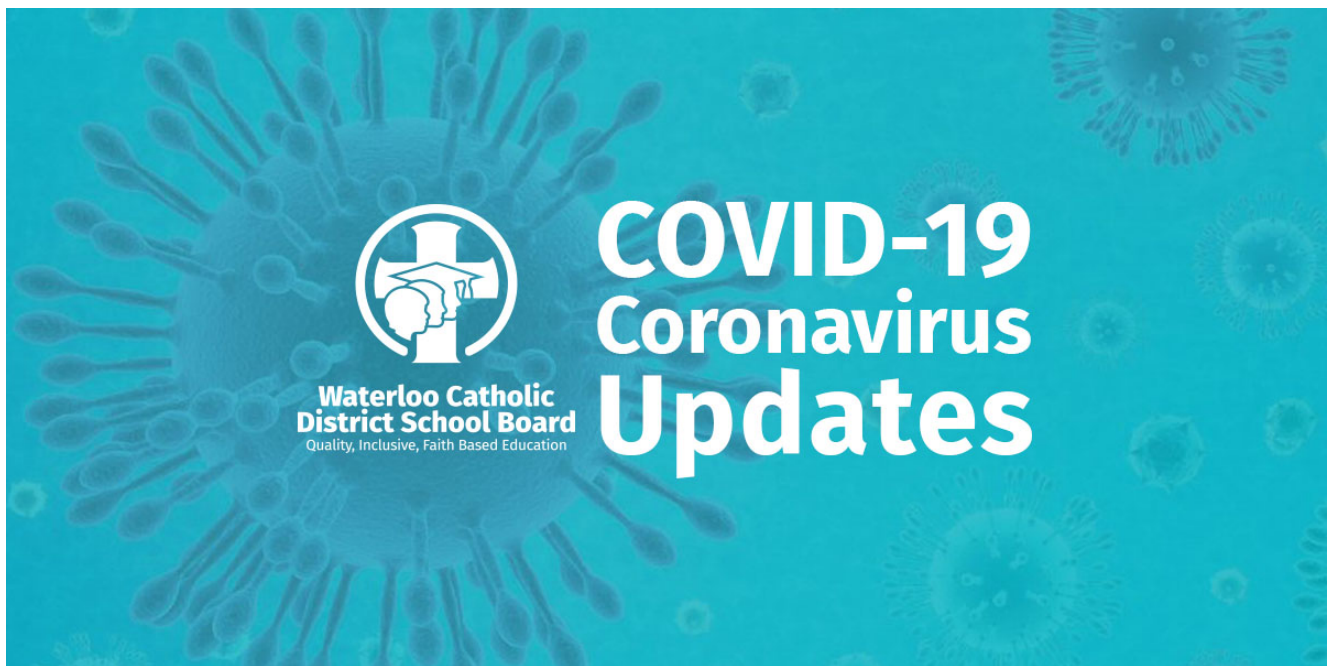
@jewaterlooregion



JA Waterloo Region

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Be sure to check the WCDSB's



**page for more information and updates**

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