



Welcome to Catholic Education Week!

Igniting Hope

Monday's Theme: Our Hope in Christ



This year's Catholic Education Week theme is, "Igniting Hope."

The theme for CEW 2020 was inspired by three sources:

- The recent Papal Exhortation, *Christus Vivit*, by Pope Francis following the 2018 Synod of Bishops on Young People, the Faith and Vocational Discernment
- The recent Ontario Bishops' pastoral letter, *Renewing the Promise (2018)*
- The Ontario Catholic School Graduate Expectations by the Institute for Catholic Education (2011)

There are five sub-themes for each day of Catholic Education Week:

- Day 1: Our Hope in Christ
- Day 2: The Hope Within Us
- Day 3: The Hope Among Us
- Day 4: Hope for the World

Day 5: A Future Full of Hope

Every year, the Ontario Catholic School Trustees' Association (OCSTA) provides our Catholic schools with a resource kit to help schools prepare for Catholic Education Week. Using these resources, as well as our own developed activities, we have prepared a series of activities, which will highlight how the students and staff at our school are Igniting Hope.

While we are unable to share those resources with you in person at this time, we hope that the daily messages you get from St. Benedict will instill you with hope, and provide you with spiritual nourishment as we celebrate a most unique Catholic Education Week.

[View the message from Bishop Douglas Crosby.](#)

[View the message from the Trustees of the Waterloo Catholic District School Board](#)

Chaplain's Message

Happy Catholic Education Week!!

The theme for the week is “Igniting Hope”.

Today’s theme is “Our Hope in Christ.”

The [Pray@Home](#) portal on our WCDSB website will have different prayers and activities for staff, students and families each day of the week.

Make sure to check out the portal daily. Today there is a video from Bishop Crosby, another from folks from WCDSB talking about hope and an author reading of the book, “Emmanuel’s Dream.” There are a number of music videos talking about hope as a connection to Mental Health Awareness Week.

The week will end with a Catholic Education Week Mass celebrated by Bishop Crosby on Friday at 11am. [You can access the mass with this link.](#)

This week is also Mental Health Awareness Week. Hope can help with our mental health.

We often think of hope as wishful thinking. Hope is in fact a clear and confident belief that we will get through this pandemic together. Our hope is in God as love. Love will

see us through. Love always comes out on top.

Prayer

God, you are love.

Your love gives us confident hope and belief.

We pray that we would open ourselves to your love for each of us.

Help us love ourselves.

May we love those around us.

As we sometimes wonder if we will get through this pandemic, may we be hopeful, confident, that Love will see us through. Amen

<https://stbenedict.wcdsb.ca/wp-content/uploads/sites/69/2020/05/PrayatHomeHeader-1200x320-1-e1588598733833.png>

Bingo challenge!

How are you dealing with what life throws at you? Are you dealing with issues and problems well? Are you taking time for yourself?

Through all the hardships life throws your way, it is important for you to love yourself, and find time for yourself. Take a look at the bingo card below. Here you will find tasks that anyone can do, if they focus and set their minds to it.

The challenge: fill the card before the end of the week. Challenge your friends and help each other get through these trying times!

<https://stbenedict.wcdsb.ca/wp-content/uploads/sites/69/2020/05/Self-Love-Bingo.jpg>
<https://stbenedict.wcdsb.ca/wp-content/uploads/sites/69/2020/05/Copy-of-Slide3.jpg>
<https://stbenedict.wcdsb.ca/wp-content/uploads/sites/69/2020/05/SM-square-new.jpg>
<https://stbenedict.wcdsb.ca/wp-content/uploads/sites/69/2020/05/mental-wellness-calendar.png>

Also, be sure to check out this [Self Care 101](#) PDF file on the jack.org website.

<https://stbenedict.wcdsb.ca/wp-content/uploads/sites/69/2020/05/IgnitingHopeMassBanner.png>

SAC Co-Presidential 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

Attention Saints - your 2020-2021 Co-Prez candidates are here! Be sure to follow their official campaign accounts and [SAC Instagram](#). Don't forget to exercise your right to vote on Friday May 8th!

Mental Health & Well-Being

Mental health is a “state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” (*World Health Organization*)

To support the mental well-being of staff and students, the WCDSB has set up a section on their website titled [Mental Health & Well-Being](#). The section is frequently updated and contains variable resources for staff, students, and parents. The site's robust resources include timely links to dealing with COVID-19, and provide videos and other resources to help you and your family cope. Visit the site today for video clips, a list of where to get health, and calming strategies as we deal with this global pandemic.

[Visit our website for more news and events.](#)



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