



Wednesday, December 2, 2020 - Volume 13, Issue 8

Message From the School Administration

Welcome to Advent - the preparation for the birth of Jesus. At St. Benedict CSS, we are going to celebrate the Advent season in numerous ways. Chaplain Bob Rempel will have many meaningful and timely prayers, a wreath (with the 4 Advent candles) has been set up as a focal point in our Atrium and many classes have created their own unique traditions/prayers/experiences as well.

St. Benedict CSS has also created a pre-recorded Liturgy of the Word that will be shown in each Face to Face class on the mornings of Wednesday, December 2 (P4 Cohort A) and Thursday, December 3 (P4 Cohort B). We wish to thank Fr. Ross Campbell for being the Celebrant. It is an integral time in our Catholic calendar and while we aren't able to celebrate Mass together, we are able to stop as a school and take some time to reflect and share in the Advent season.

God Bless and enjoy this beautiful season of Advent!



School Schedule and Calendar

Quick Link to Our Calendar -

<https://stbenedict.wcdsb.ca/parents/current-students/school-year-calendar/>

Our calendar (with Cohort info and key dates) can be accessed through our school website -

<https://stbenedict.wcdsb.ca/>. You can then access the calendar by going to ABOUT US > School Year Calendar



New Store Hours

Tuesday: 10am – 6pm

Thursday: 10am – 6pm

Saturday: 10am – 6pm

OR VISIT: www.mccarthyuniforms.ca

1-800-668-8261

Catholic School Advisory Council Meeting

Tuesday, December 8, 2020

Parents, get involved! If you would like to receive an invitation to join our virtual meeting, please email jennifer.jackson@wcdsb.ca. The meeting is from 6:00pm to 8:00pm.

Inclement Weather Days



While the first official day of winter is still a few weeks away, the early snowfall has given us pause to plan early for inclement weather and potential bus cancellations. As student safety and well-being is always our priority and given the unique and additional challenges that Covid19 presents (such as cohorting) there are important changes to our process when student transportation has been cancelled.

For the 2020/2021 school year in the circumstance when transportation is cancelled due to weather and road conditions, all schools will be closed to both students and staff.

As each classroom teacher has established a Google Classroom or D2L site, teachers will utilize their LMS (Learning Management System) to post work by 10am on the closure day. Students will be provided with asynchronous student work. The normal bell times will be followed to allow students to contact their teacher on the closure day either through the LMS or through other appropriate means, such as email.

Thank you for everyone's understanding and support as we continue to provide learning for our students.

Grad Diploma/Certificate/Awards Distribution and Grad Video

The students from the Graduation Class of 2020 have now had the opportunity to pick up their well earned diplomas, awards, certificates etc. It was a successful three days and we appreciated seeing the grads as

they came back to visit for this reason - so good to hear the updates about what they were up to!!

We still have quite a few packages that haven't been picked up yet. Guidance has collected those packages whose grads have younger siblings currently at Bennies and we will distribute those to the siblings. Guidance has also pulled packages for returning (victory lap) students taking classes this quadmester. If you are a 5th year student, you will be contacted at school for this. We will also have one more pick up opportunity on Wednesday January 6th, 2021 (2pm to 6pm) for those that may be studying out of town and weren't available last week. If none of the above options apply or are possible, we would welcome 2020 grads to set up specific times to pick these items up. You can do this by emailing Mr. Stehlik (one of the VPs) at rich.stehlik@wcdsb.ca. Please include a phone number and times that we can reach you to make arrangements.

One last note for the 2020 Grads - please copy the link to the Graduation Video for your safe keeping. The webpage with the video will not be available much longer, but the link to the YouTube video will continue to work. Keep the link handy when nostalgia hits!!

All the best to all of our St. Benedict Grads of 2020!!



Miranda Gear receives the OYAP award from our principal, Mrs. Ingoldsby.

Graduation requirement changes for the 2020-2021 school year

By WCDSB Staff

There are two recent updates regarding graduation requirements for the 2020-2021 school year:

Community Service Hours: Graduates for 2020-2021 have a reduced requirement for 20 hours rather than the usual 40. This is in recognition that gathering CSH is a challenge for students during the ongoing pandemic. These hours can be generated in typical ways, also at the principal's discretion students can use hours:

1. earned during the school day
2. earned by performing household or community-based tasks
 - no max hours for duties performed at home, but this is at the principal's discretion
3. 10 hours paid employment at principal's discretion

4. flexibility and principal's discretion can be applied to international students

5. co-op experience, either paid or unpaid, could also be considered at the principal's discretion

Ontario Secondary School Literacy Test (OSSLT): The requirement for the successful completion of the OSSLT has been removed for students graduating in 2020-2021. This mirrors what happened last year during the school closure period. Most of the current Gr. 12 cohort would have successfully written the OSSLT last time it was offered in Spring 2019; however, there are students who are currently registered in OSSLC this year that may no longer require it if they have their 4th English.


Cambridge High School Students


Get a Free EasyGO fare card

Loaded with \$25*

- Visit grt.ca/cambridgehs to learn how to get your fare card
- Complete the online consent form by June 1, 2021

* Terms and conditions apply. Part of the Transit Supportive Strategy for the City of Cambridge.

 **grt.ca**
519-585-7555
Deaf and Hard of Hearing (TTY): 519-575-4608

 **GRT**
GRAND RIVER TRANSIT



Frequently Asked Question

Is there a cohort-specific schedule?

YES THERE IS!

Cohort A **Cohort B**



COVID Test/Screening and Outbreak Protocol

All students (or guardians on their behalf) will be asked to engage in a daily self-assessment before reporting to school and anyone feeling unwell or identifying a concern based on their self-assessment should not report to school. [COVID-19 self-assessment \(Ontario.ca\)](#)

Once at the school, all students will be required to wear mask at all times. Students are to sanitize their hands upon entering and leaving the classroom.

Operational guidance: COVID-19 management in schools (Ontario.ca)

What to do when my child isn't feeling well?

[Click here to view the memo for Parent/Guardians from the Region of Waterloo Public Health Unit.](#) The document provides direction for parents and caregivers regarding the role of families, Public Health and schools.

Message from Guidance

Grade 8 Transitioning to Secondary School and Pathway Presentations

Coming to you Virtually in 2021!

Every year we look forward to welcoming our Grade 8 students and their families to our school for our Information Evenings and Pathway Presentations. St. Benedict is currently working hard to adjust our event plans to the ever-changing environment as we prioritize the health and safety of all. It is our hope to provide pre-recorded virtual events to showcase our amazing St. Benedict programs, community spirit and answer your questions. Updated will be shared as they are available and posted on the elementary school websites under NEWS.

The Umbrella Project at St. Benedict

Hello Saints,

Bennies UP here. Did you know that the Bennies UP theme for December is self-compassion? Take a moment and think about how you are compassionate with yourself; or, how you could be more compassionate with yourself. Please take a few minutes and read more about self-compassion, below.

What is self-compassion?

Self-compassion is treating yourself like you would a good friend instead of offering harsh judgement to self-motivate. It's understanding that our struggle and imperfections are a normal part of being a human instead of something bad.

SO, why is it that sometimes being self-compassionate is more difficult than treating others with compassion? Why are we critical and judgmental about our thoughts and actions?

When we are critical and mean to ourselves, it is like having our own personal bully following us around all the time. This critical voice reduces our self-confidence, making it harder for us to succeed. Instead, self-compassion helps us to be kind to ourselves and recognize that struggle is a normal part of life that everyone experiences. It allows us to accept difficult feelings instead of trying to suppress or getting swept away in them.

Self-compassion has so many benefits including improving our body image, our resilience to stigma, our desire to learn and our ability to take responsibility for our mistakes.

If you want to learn more about self-compassion, we encourage you to watch the videos attached below.

[What is Self-Compassion?](#)

[6 Ways to Exercise Self-Compassion](#)

[Kindness: how to be nicer to yourself](#)

Finally, we encourage you to join the Bennies UP FlipGrid page [HERE](#) and to share your thoughts [HERE](#) about what it means to be self-compassionate and how you practice this in your life. A reminder that you can record a video OR audio response by covering up your webcam and what you include in your response may be shared with your peers via FlipGrid.

Continue to be compassionate towards yourself!

Academics

Saints Garage looking for old bikes

By Mr. G. Dutto

The Saints Garage is looking for old BMX or kids' bikes. Our Transportation Tech students are exploring electric vehicles with the hopes to convert these old bicycles into 3-wheeled electric trikes! Working in conjunction with the Manufacturing program, our Transportation students are looking to hone

their skills and apply them to our Racing Saints EV Race Team.

If anyone has an old BMX or similar styled kids' bicycle they would like to donate, they can contact me directly at gabe.dutto@wcdsb.ca

Join us for **Homework Club**

Wednesdays - 1:45 - 3:00pm **ONLINE**

Google Classroom Code: [ojocdyl](#)

Meet with Mrs. Borba for all your **LITERACY** needs:

[Click here for: Borba Literacy Meet](#)



Meet with Mr. Chaves for all your **NUMERACY** needs:

[Click here for: Chaves Numeracy Meet](#)



We got your learning needs covered :)

Every Wednesday, join Mrs. Borba (Literacy) or Mr. Chaves
(Numeracy) **ONLINE** from 1:45-3:00pm!

JOIN the Google Classroom <https://classroom.google.com/c/MjM2MzY1NjE0NDI5?cjc=ojocdyl>
or simply CLICK on the Teams Links!!

[Click here for: Borba Literacy Meet](#)

[Click here for: Chaves Numeracy Meet](#)

Can't WAIT to see you SAINTS online!

Hello from Student Success!

Congratulations on the successful completion of Quadmester 1 - we are so proud of you! We've had a few changes to Student Success and wanted to share an amazing ONE STOP shop for making an appointment with your IEP or SST monitor, ELL monitor, or Youth Care Worker!

Students may book appointments with their IEP Support/Student Success/ELL Monitor directly from the school website under PROGRAM SUPPORT: IEP, or by clicking on this link:

<https://stbenedict.wcdsb.ca/student-services/program-support/>

Remember that we are here to help!

Student Activities

PROPER MASK DISPOSAL

Please make sure you cut the straps on your disposable masks to help protect the animals in our community.

Invest in reusable masks if you can to reduce waste!



Other News

News from the Library

The PostCard Project

Would you like to earn volunteer hours AND help lift the spirits of people in our community this winter? This December be a part of the Postcard Project. This project has two parts.

In Part One pick up a pack of three blank postcards from any Idea Exchange location and create on the front of each a compelling and one-of-a-kind image. Each package includes 3 blank postcards to be decorated, a submission form/instruction sheet for Part One of this project and an envelope to return the decorated postcards to any Idea Exchange location. St. Bennies students/staff can pick up and return their postcards at Clemens Mill library.

In Part Two, people can pick up a 3-pack of decorated postcards and add a personal and uplifting note on the back. Then return the now completed postcard to an Idea Exchange location.

In late January, postcards will become available for the public to select and deliver personally to those in need. They will also be distributed to seniors in retirement homes through our Visiting Library Service.

All materials will be quarantined between times of human contact.

If the region moves into the grey zone, post cards will be available through curbside pick-up at our locations.

For each 3-pack of postcards returned, community members can receive 2 volunteer hours. Anyone can participate: staff, students and even family members.

Postcards are available December 1.

For those teachers who might want their class to be involved and who would like a large number of postcards, please contact Shannon Markle at smarkle@ideaexchange.org or the school librarian, Patricia Pilon at ppilon@ideaexchange.org

Are you in need of support?

Christmas Hampers and Supports

<https://christmashampers.ca/>

WCDSB Mental Health and Wellness

<https://www.wcdsb.ca/programs-and-services/mental-health-and-well-being-at-wcdsb/>

Langs Youth Wellness Hub offers a variety of programs and services for youth and teens including free counselling and groups for teens.

Tech Centre & Study Space: Need a quiet space to study with a friend or two? Text or call to reserve your

space at 519.807.1855 open Mon & Wed 3-8p and Tue, Thu, Fri 10-4p

Hoops: Work on your basketball skills on Mon & Wed 6-8p and Thu from 2:30-3:30p

STEAM at Home & Kitchen Kreations

Call Darcy at 519.653.1470 ext. 357 for more information about virtual and face to face programs.

Email is darcy@langs.org

BEACON Digital Therapy is now available free of charge to support individuals through stress and well-being concerns – funded by the Government of Canada. This is a personalized digital course/intervention guided by a therapist. [Click here to find out more](#)

Calendar of Events

Thursday, December 3

8:00am: Advent Liturgy of the Word
8:00am: Period 4 Cohort B Face to Face
11:15am: DECA meeting
12:25pm: Period 3 All students Distance learning

Friday, December 4

8:00am: Period 4 Cohort B Face to Face
12:25pm: Period 3 All students Distance learning

Sunday, December 6

Second Sunday of Advent

Monday, December 7

8:00am: Period 4 Cohort B Face to Face
12:25pm: Period 3 All students Distance learning

Tuesday, December 8

8:00am: Period 4 Cohort B Face to Face
12:25pm: Period 3 All students Distance learning
6:00pm: Catholic Schools Advisory Council Meeting

Wednesday, December 9

8:00am: Period 4 Cohort B Face to Face
12:25pm: Period 3 All students Distance learning

Thursday, December 10

8:00am: Period 3 Cohort A Face to Face
11:15am: DECA meeting
12:25pm: Period 4 All students Distance learning

Friday, December 11

8:00am: Period 3 Cohort A Face to Face
12:25pm: Period 4 All students Distance learning

Sunday, December 13

Third Sunday of Advent

Monday, December 14

8:00am: Period 3 Cohort A Face to Face
12:25pm: Period 4 All students Distance learning

Tuesday, December 15

8:00am: Period 3 Cohort A Face to Face
12:25pm: Period 4 All students Distance learning

Wednesday, December 16

BENN Newsletter release
8:00am: Period 3 Cohort A Face to Face
12:25pm: Period 4 All students Distance learning

Thursday, December 17

8:00am: Period 3 Cohort B Face to Face
11:15am: DECA meeting
12:25pm: Period 4 All students Distance learning

Friday, December 18

8:00am: Period 3 Cohort B Face to Face
12:25pm: Period 4 All students Distance learning

Sunday, December 20

Fourth Sunday of Advent

Monday, December 21

Winter Solstice
Christmas Break begins

Thursday, December 24

Christmas Eve

Friday, December 25

Christmas Day

Thursday, December 31

New Year's Eve

Friday, January 1

New Year's Day

Monday, January 4

Classes resume
8:00am: Period 3 Cohort B Face to Face
12:25pm: Period 4 All students Distance learning

**Be sure to check out
the calendar on the
school website for
updates and changes!**

The BENN Newsletter

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