



Wednesday, May 19, 2021 - Volume 13, Issue 19

Message from Administration

As you are aware the Province continues to remain under a stay-at-home order. Currently, our return is still uncertain. We will provide additional information as it becomes available regarding returning to school, school photos and outstanding materials. Please continue to follow the direction of Public Health and stay safe during our time apart. I would encourage all eligible individuals eligible to pre-register for their vaccine to visit : <https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccination-pre-registration.aspx>.

Thank you for your continued support and collaboration as we work towards keeping our Saints community safe. As always please reach out to us by calling the school if you need guidance or have any questions.



Parents & Guardians

Have you booked a time for

Parent/Teacher/Student Conferencing

Thursday, May 20 2:00-4:00 and 5:00-7:00

[Go to the staff list on the school website, and book now!](#)

Key Dates for Quadmester 4

May 20	Turn Around Date for Careers/Civics
May 20	Parent/Student/Teacher Conferences
May 24	Victoria Day
June 2	BENN Newsletter Release
June 4	PA Day
June 16	BENN Newsletter Release
June 20	Father's Day
June 24	Period 3 Final Evaluation, 8:00 am
June 25	Period 4 Final Evaluation, 8:00 am
June 28	Assessment and Evaluation/ Credit Recovery
June 30	BENN Newsletter Release
July 12	Quad 4 Report Card Distribution (Mailed)

Photo Pick Up

We are holding all photo distribution at this time, we will communicate a plan at a later date. Thank you for your patience.

Updating Contact Information

Please find attached the instructions to verify your child's mailing address in the Aspen student portal.

If your address is incorrect, please email: benedict.attendance@wcdsb.ca with your child's name, proper mailing address along with the postal code. As well, please contact us if you do not have an email address on file or any additional information is incorrect in Aspen.

Thank you for your time, and attention to this matter as we prepare to mail Quad 3 report cards..

[Instructions for Verifying Your Address Resend Nov 20 2.pdf](#)

May ParticipACTION

WCDSB parents! We have more free events coming up in May, from Virtual visits with the KPL to Paint

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

Nights to Finding Your Way Back to Being Positive with Nancy Revie.

Sign up here – <https://forms.office.com/r/PHPy94F1dj>



FAMILY SPRING PARTICIPATION



May 5 - Virtual Visit to the KPL
6:30 p.m.



May 18 - Find Your Way Back to
Positive with Nancy Revie, 7 p.m.



May 19 - Paint Night (Dragon Fly Dance),
6:30 - 7:30 p.m. (See p. 2 for details)



May 26 - Paint Night (Fleurs de Marche)
6:30 - 7:30 p.m. (See p. 3 for details)



May 26 - Starlight Yoga with Michelle Burns,
7:30 p.m.

Parent Teacher Interviews

It has been a long year – a year that has challenged our students to learn in new and less than ideal circumstances. It is natural for students to feel tired and start losing their motivation for school right now. With encouragement, understanding and support they will make it through to June.

Link for Parents :

<https://kidshelpphone.ca/get-info/11-ways-feel-more-motivated/>

REMOTE LEARNING SURVIVAL GUIDE



KEEP A CONSISTENT SLEEP SCHEDULE
STICK TO THE SAME SCHEDULE YOU HAD WHEN YOU WERE ATTENDING IN-PERSON CLASSES.
BE SURE TO GET ENOUGH SLEEP!



CREATE AN EFFECTIVE WORKSPACE
LIMIT DISTRACTIONS. USE HEADPHONES.
TRY DIFFERENT SPACES IN YOUR HOME TO SEE WHICH WORKS BEST FOR YOU.



GET OUT OF YOUR PAJAMAS!
CHANGE INTO CLOTHING YOU WOULD WEAR IN PUBLIC.



EAT MEALS & STAY HYDRATED
DON'T SKIP OUT ON BREAKFAST.
YOUR BRAIN/BODY NEEDS FUEL TO LEARN.



TAKE BREAKS
GET UP AND STRETCH DURING CLASS BREAKS.



CONNECT WITH OTHERS
STAY CONNECTED WITH FAMILY & FRIENDS.
REACH OUT TO SCHOOL STAFF IF YOU ARE STRUGGLING.



GET OUTSIDE & EXERCISE
PHYSICAL ACTIVITY & BEING IN NATURE CAN IMPROVE YOUR MOOD & FOCUS.



SET TIME FOR PREFERRED ACTIVITIES
ENGAGE IN HEALTHY ACTIVITIES THAT MAKE YOU FEEL GOOD & BRING YOU JOY.

Mental Health:

WCDSB Mental Health and Well Being Page

As we continue in remote learning it is important to keep tabs on how we are all coping. Take a look at the Board's Mental Health and Wellbeing webpage. This is a "one stop shop" where you can find links to targeted resources to promote wellbeing during Covid, examples of meditations/calming strategies to share with students, resources specific to various roles (i.e. leadership, educators, students, families), links to services in our community, and general mental health information.

Please help raise awareness about this resource! <https://www.wcdsb.ca/programs-and-services/mental-health-and-well-being-at-wcdsb/> A short intro video is here:

https://www.youtube.com/watch?v=TmJI_QXT8xk

Community Resources

There are also resources in our community that can assist families with navigating mental health supports for themselves and their children.

HERE24/7 is a telephone crisis service that can assist students and adults in need 1-844-437-3247 (Press the #1 option so that it can be answered by a live person).

Front Door is a "walk-in" Service for kids/parents with kids under 18 where they can speak to a counselor. They can be reached at 519-749-2932

Free CBT Based Mental Health Support for Ontario

<https://www.mindbeacon.com/>



The Counselling Collaborative of Waterloo Region (<https://counsellingwr.ca>) is a partnership of 6 local counselling agencies working together to make counselling services more accessible to individuals with a limited income. Fees may be fully or partially subsidized depending on individual circumstances and the service requested. Visit their website or call (519) 804-1097 to book a phone/video appt.



YOUTH WELLNESS HUB

The Langs Youth Wellness Hub (YWH) is a safe, welcoming, inclusive space for youth to access services and programming in Cambridge. The YWH is home to many partners including Carizon Family and Community Services, Cambridge Career Connections, Family and Children's Services, Lutherwood and Waterloo Region Suicide Prevention Council. These Partners provide mental health, wellness, and employment supports. Youth have the opportunity to engage in STEAM and art programs to enhance life skills, technical abilities and self-expression. The goal of the YWH is to become a space where youth and their families can access the right service, at the right time, in the right place.

Contact info:
1145 Concession Rd Cambridge, ON
c: 519.653.1470 x357
t: 519.807.1855
e: darcy@langs.org
IG: @LangsYouth
Web: www.langs.org

Summer Programs

**TECH CENTRE & STUDY SPACE

Grades 6-12
Monday & Wednesday 3pm-8pm;
Tuesday, Thursday, Friday 12pm-4pm
In Person and Virtual Program
Call to reserve a space

ROAD RIDE - CYCLING

Grades 6-12
Weekly once permitted
Call to register

YOUTH COUNCIL (YTCYC)

Grades 6-12
Monthly Meetings
In Person and Virtual Program
Call to register

**HOOPS

Grades 6-12
Monday & Wednesday 6pm-8pm
In Person Program
Call to reserve a space



YOUTH WELLNESS HUB STEAM SUMMER CAMP

SCIENCE TECHNOLOGY ENGINEERING ARTS MATH

Register:
<https://bit.ly/2SMYwDc>

July 5 - August 13, 2021
Weekly from 1-3pm
Grades 6-10
Cost: \$30/week

Contact
darcy@langs.org for
more information or
subsidy

Registration: <https://bit.ly/2SMYwDc>

Note: Due to ever changing Public Health and Provincial health measures, in person programs may/may not be available, please call ahead or check social media for current information.



YOUNG MEN LEADING CHANGE

**\$500
IN PRIZES**

Grades 9 to 12 male identified students.

6 SESSIONS

THURSDAYS | APRIL 29TH TO JUNE 3RD, 2021

5 TO 7 P.M. | ON ZOOM

Build tools to create safer spaces for those in our community.
Register on Eventbrite



COME AND JOIN US!

We'll be glad to have you!

Young Men Leading Change (YMLC) is a male allyship program for racialized and newcomer men between the ages of 14 - 19. This program centres the importance of male allyship in preventing gender-based violence, builds leadership skills and engages young men in conversations that interrupt and challenge systems that cause gender-based violence. YMLC provides a safe space for young men to explore how sexual harassment, sexual assault and intimate partner violence take place in our communities, and how we can help prevent it.

Youth will receive:

- Volunteer hours
- Gift cards & Prizes
- Certificates
- An opportunity to work on a self-developed project.
- Great conversations



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.



Region of Waterloo

grt.ca

519-585-7555

Deaf and Hard of Hearing (TTY): 519-575-4608



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 School Screening](#)

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?

[Read the memo for parents and 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

Summer Learning Registration

Registration is now OPEN!

Waterloo Catholic District School Board is committed to supporting your child's continued learning. In July and August this year, there are a number of learning options available for elementary and secondary students that will ignite, support and challenge students toward success and preparation for the next grade.

ALL Elementary, Secondary and Adult Learning options can be found here: www.wcdsb.ca/summer-learning.

Summer School

Is available this year as online learning courses through our board at St. Louis Adult Learning and Continuing Education. More information can be found on their website:

<https://stlouis.wcdsb.ca/summer-programs/summer-credit/>

These courses will run from July 5 – July 29. (Half credit courses Careers and Civics Term 1 July 5–15. Term 2 July 16 – July 29).

What is Online Learning?

Online Learning means courses are specifically designed to be taught in a fully online format (formerly referred to as “e-learning”). Online learning relies on communication between pupils and teachers through the internet or any other digital platform and does not require pupils and teachers to be face to-face with each other or with their teacher. Students must be online and working on their course for a minimum of 6 hours a day.

Students may only take one online course or both Civics and Careers half courses.

If you choose to register for summer school, please inform your Guidance counsellor.

Lesley O'Toole A – Di

Karla Arkell Dj – Ki



MOVING ON UP!

A PARENT & STUDENT INFORMATION EVENING— Transition to High School for Students with Individual Education Plans

**May 25, 2021 @7-8:30pm
via Zoom**



Join us for a panel discussion involving experienced parents & students, as well as school board personnel on how to successfully transition your Gr.8 student into high school.



Following the panel discussion, you are invited to join breakout rooms to listen and/or ask questions, as you learn about community programs available through local organizations.



To register, please email info@wrfn.info

Presented by:



This event is being offered by the High School Working Group of the ASD Collaborative

2021-2022 EQAO Student Engagement Committee - Call for Applicants

This committee continues to be one of the key sources of student voice for EQAO. It is also an

opportunity for interested students to have a positive impact on the agency's activities and on Ontario's education system.

Students are the focus of EQAO's work, so student voices and experiences help EQAO to advance their goal of continuous improvement.

EQAO encourages applications from members of groups that have been marginalized on any grounds, including sex, sexual orientation, gender identity or expression, racialization, disability, political belief, religion, family status, age, and/or status as a First Nation, Metis, Inuit or Indigenous person. As an accessible agency, they offer accommodations as required, including during the recruitment process.

Who is eligible to apply?

- Applicants must be enrolled in an Ontario school in Grades 7–12.
- Applicants must have completed at least one EQAO assessment.

Application Form

To learn more about the committee's previous work, visit [EQAO's website](#).

The student application form can be found at this link: <https://forms.gle/a5SHQrDPRRmbbVQi9>

Submissions must be received by June 7, 2021, and selections will be announced by the end of June 2021.

Academics

Have you considered the International Certificate Program (ICP)?

"Through the International Certificate Program, high school students become informed, engaged and active global citizens, by putting into practice the Catholic social teaching including peace, justice and equity for all." (WCDSB)

Please see the link for more information: <https://www.wcdsb.ca/our-schools/international-education-services/international-certificate-program/>

News from Co-Op

Although 2020–2021 has been a different school year with many new challenges, St. Benedict students are still gaining valuable, real-life experiences through Co-operative Education. During Quad 3, 23 students were able to engage in Experiential Learning opportunities thanks to placements provided within our community. Students were placed in various industries including Manufacturing, Transportation, Teaching, Website Development, and Pharmaceuticals – just to name a few! After 6 weeks of placement, many students were granted additional work opportunities through their placements. These include:

- 1 Full-time Apprenticeship offer
- 1 OYAP Registration to attend Level 1 Trade School

- 4 Summer Job offers
- Multiple positive reference letters provided

These numbers show that even during tough times, St. Benedict students truly benefit from participating in Experiential Learning opportunities.

Congratulations to all 23 co-op students from Quad 3 on your successful placement experiences!

ONTARIO'S LARGEST VIRTUAL SKILLED TRADES EXPO

STUDENTS! YOUR FUTURE IS CALLING! **CURIOUS OR INTERESTED IN SKILLED TRADES?**



We've got an amazing two-evening event planned for you and your family to encourage that curiosity and support that interest!

Did you know that there are more than 300 designated trades in Canada?

Skilled trades affect almost every aspect of life, and the future of Trades is looking mighty good. Let's get you in the loop and connected to people who are going to show you how awesome this career pathway can be, and how to get there!

Join us on May 19 & 20, 2021

BUILD A DREAM 

TRAIDES WEEK

**YOUR SKILLED TRADES CAREER
DISCOVERY STARTS HERE!**

MAY 19 & 20 2021

GAMES

(get that name on the leaderboard, and win!)

PRIZES

(we're talking tablets, apparel, books, tools, and more!)

CONTESTS

(because we love giving away fun things)

VIRTUAL SCAVENGER HUNT

(all from the comfort of your home)

HEAR FROM SPEAKERS WHO ARE
MAKING AN IMPACT

GET INSIGHTS FROM HIGH SCHOOL
OYAP REPS

TALK TO COLLEGES WHO OFFER
TRADES PROGRAMS

CONNECT WITH COMPANIES WHO HIRE

ATTEND for Free!
tradesweek.eventbrite.ca



Use password: TheFutureIsTrades

when registering to gain exclusive access from your school board.

#DREAMTRADESWEEK

[WEBUILDADREAM.COM/TRADESWEEK](https://webuildadream.com/tradesweek)



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!

News from the Library

Clemens Mill
IDEA|EXCHANGE

As of Thursday, April 8, 2021 the Ontario Government has placed all of Ontario in a province wide shutdown. To keep our staff and members safe, Idea Exchange is closing our buildings and offering holds pick ups and online services only. Online resources remain available to teachers and students on the St. Bennies Library website.

[Did you know....](#)

Idea Exchange Accounts now require a PIN (Personal Identification Number)

As of Tuesday, May 4, 2021, all Idea Exchange memberships will require a PIN (Personal Identification Number) and card number to log into your Idea Exchange account.

This change will increase the security and privacy of your personal library information.

A temporary PIN will be created from the last four digits of the telephone number used for your account. We encourage you to reset your temporary PIN as soon as possible (on or after May 4).

To learn more go to the [Idea Exchange website](#).

Virtual Student Support:

Mon. Wed. Fri. 10am to 2pm

Tues. Thurs 8am to 2pm

Pickup Service:

Monday to Saturday, 10am to 6pm for curbside pickup only.

To learn more about the library's current services, visit the Idea Exchange website.

DIY Kits: Mother's Day Card

Don't forget that Mother's Day is this Sunday, May 9th. Need a card? Why not grab one of our DIY kits that include a card, contrasting backing for the inside, 5 embellishments and an envelope. All you need is a glue stick, and a pen to write a lovely message to your mom!

Each kit is a bit different. Quantities are limited. Pick-up at the Clemens Mill Library front door.



Clubs

Do you have word?

Hey Saints, did you know that we have started a Spoken Word Club at Bennies?

If you are interested in being a part of a club that inspires new ideas, penetrates the deepest human feelings, and brings out the profound meaning of Spoken Word, then come see us on Thursdays 1:15 – 2:00 pm!

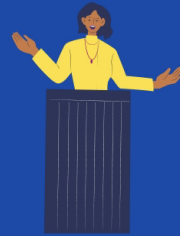
Google Classroom code: ztl66sq

Are you passionate about social change? Do you need volunteer hours? Then:



Swipe for more info ----->

JOIN THE SBCSS DEBATE CLUB!



USE THIS CODE TO JOIN THE GOOGLE CLASSROOM

loefndg

Student Activities

THE RESULTS ARE IN!

2021-2022 Co-Prez's are...

Thank you for your votes!

CONGRATULATIONS

2021-2022 SBCSS CO-PREZ'S

Madison M.

& Haroon A.

Thank you to all the candidates for such an awesome campaign week!



Other News



y o u t h IMPACT survey

LEARN MORE AT:
WWW.YOUTHIMPACTSURVEY.CA



Youth Impact Survey

Youth in Waterloo Region between the ages 9 and 18 have the opportunity to participate in the [Youth Impact Survey](#). The Youth Impact Survey was developed in partnership WITH young people in Waterloo Region and asks well-being questions on a variety of topics.

Last summer, the Children and Youth Planning Table, UNICEF Canada, the Canadian Index of Wellbeing, and the Ontario Trillium Foundation partnered to run the pilot version of the Youth Impact Survey in Waterloo Region. The survey included questions about belonging, mental and emotional health, security, protection and other topics. Waterloo Region was the first community in Canada to test out the survey and after getting feedback from the youth who filled it out in 2020, and with a new partner, KW Community Foundation, the survey is running again.

Phase 2 of the Youth Impact Survey includes Waterloo Region and 3 other communities in Canada. (Ottawa, Halton, and Tri-Counties in Nova Scotia). In order for the survey to be a success, Waterloo Region needs 1000 youth aged 9 – 18 to fill it out and the results will help inform the decisions made about programs, services, and supports available to young people. This is an opportunity for young people to feel valued, heard and included.

The 20–30 minute survey is totally voluntary and anonymous and youth who fill it out will receive volunteer hours and a chance to win prizes. [Click here](#) for more information.

Calendar of Events

Thursday, May 20

Turn Around Date for Careers/Civics

8:00am: Period 3 All students Synchronous

9:52am: Period 3 All students Asynchronous

11:10am: Period 4 All students Synchronous

1:02pm: Period 4 All students Asynchronous

1:15pm: Spoken Word Club

2:00pm: Parent/Student/Teacher Conferences

6:00pm: Build A Dream – Trades Week

Friday, May 21

8:00am: Period 3 All students Synchronous

9:52am: Period 3 All students Asynchronous

11:10am: Period 4 All students Synchronous

1:02pm: Period 4 All students Asynchronous

Monday, May 24

Victoria Day

Tuesday, May 25

8:00am: Period 3 All students Synchronous

9:52am: Period 3 All students Asynchronous

11:10am: Period 4 All students Synchronous

1:02pm: Period 4 All students Asynchronous

7:00pm: Transition to High School for

Students with IEPs

Wednesday, May 26

8:00am: Period 3 All students Synchronous

9:52am: Period 3 All students Asynchronous

11:10am: Period 4 All students Synchronous

1:02pm: Period 4 All students Asynchronous

1:45pm: Homework Club

2:00pm: Debate Club

Thursday, May 27

8:00am: Period 3 All students Synchronous

9:52am: Period 3 All students Asynchronous

11:10am: Period 4 All students Synchronous

1:02pm: Period 4 All students Asynchronous

1:15pm: Spoken Word Club

Friday, May 28

8:00am: Period 3 All students Synchronous

9:52am: Period 3 All students Asynchronous

11:10am: Period 4 All students Synchronous

1:02pm: Period 4 All students Asynchronous

Monday, May 31

8:00am: Period 3 All students Synchronous

9:52am: Period 3 All students Asynchronous

11:10am: Period 4 All students Synchronous

1:02pm: Period 4 All students Asynchronous

Tuesday, June 1

8:00am: Period 3 All students Synchronous

9:52am: Period 3 All students Asynchronous

11:10am: Period 4 All students Synchronous

1:02pm: Period 4 All students Asynchronous

Wednesday, June 2

BENN Newsletter release

8:00am: Period 3 All students Synchronous

9:52am: Period 3 All students Asynchronous

11:10am: Period 4 All students Synchronous

1:02pm: Period 4 All students Asynchronous

1:45pm: Homework Club

2:00pm: Debate Club

Thursday, June 3

8:00am: Period 3 All students Synchronous

9:52am: Period 3 All students Asynchronous

11:10am: Period 4 All students Synchronous

1:02pm: Period 4 All students Asynchronous

1:15pm: Spoken Word Club

Friday, June 4

Professional Activity Day

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

The BENN Newsletter

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St. Benedict Catholic Secondary School

50 Saginaw Parkway, Cambridge, ON N1R 5W1

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FAX: (519) 621-4057

Attendance: (519) 621-4001

MailPoet