



Wednesday, June 16, 2021 - Volume 13, Issue 21

Message from Administration

As this 2020/2021 school year is coming to a close, this year once again has shown us the importance of patience, perseverance, relationships, and humanity over individuality. Important information regarding student photos, resource drop off and graduation celebrations can be found in this edition and on the school website. Review the information carefully and reach out to the school if you have any questions.

Please continue to follow the recommendations of Public Health. With the increase of the vaccination availability, we are hopeful that our return in September will be one step closer to what we have been missing in schools. Best of luck as you complete your final evaluations.

SAINTS!

There is one
more week of
classes...

You
GOT
THIS

Final Evaluations

Period 3

Wednesday, June 23
at 8:00 am

Period 4

Thursday, June 24
at 8:00 am

Key Dates for SBCSS students in Late June

The week of June 21 to 25 will be a very active week here at St. Benedict CSS. We will be celebrating our Graduating Class of 2021 throughout the week. We will also be asking our grade 9, 10 and 11 students to stop in if they have items to drop off or pick up. Additionally, Monday June 28 will also be an

important day here at the school. All related key dates and links can be found below.

Grad 2021 Drive Thru Celebration

Monday June 21 (1pm to 5pm) and Tuesday June 22 (1pm to 5pm) with a rain date of June 23. All instructions can be found on the [Grad 2021 Webpage](#). Please read those instructions carefully as there are more detailed points listed and important Covid protocols to follow for the event. We will continue to update the webpage and will communicate updates (such as the possible use of the rain date) on that site throughout this week, weekend and into the Grad Week.

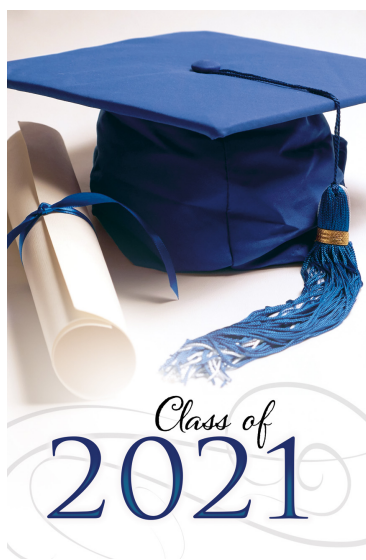
Grade 12 Chromebook/Textbook and School Resource Return

Monday June 28 (morning – times TBA). This information will also be found on the [Grad 2021 Webpage](#) in the coming days.

Grade 9, 10, 11 Textbook and School Resource Return

Thursday June 24 (11am to 3pm) and Friday June 25 (9am to 3pm). **Borrowed Chromebooks for grade 9, 10, 11 students will NOT be returned in June (they are to be kept until more instructions are shared)!!** These two days will be an opportunity for Grade 9, 10, 11 students to pick up their school photos and Student ID as well as dropping off items borrowed from the school during Q3 and Q4. Musical instruments will be returned within these two days as well – teachers will communicate specifics to those students in their class. If students have nothing to drop off and are willing to wait until September for their pictures, it is not necessary to come to the school. Please visit the [Drop Off Webpage](#) for further information and instructions.

Convocation information for the Graduating Class of 2021



We have created a webpage that is dedicated to sharing updated information as we continue to plan to celebrate our graduates. The webpage may be accessed by going to our school website and adding “/grad2021” to the URL. The link is below as well.

[Grad 2021 Webpage](#)

The webpage will be updated with the most current information as it pertains to the celebrations, picking up of grad items, dropping off of school supplies and the Grad video. Please check the webpage whenever you are wondering about the process or the status of our planning. We are obviously deeply affected by the Covid reality and the resulting lockdowns. We will continue to plan around this and try to give our Graduating class the best possible experience.

Grad Pictures

Due to Public Health restrictions, Lifetouch (the company that takes and processes the grad photos)

had to cancel previously booked appointments and is unable to take pictures on site or anywhere else at this time. It appears that formal photography will be allowed in the stage 2 category of reopening. At this time, Lifetouch is hoping to book grad photo appointments for the summer. We will communicate the process to you once it is in place. Again, this is dependent on the reopening allowances so please do not call Lifetouch until you are invited to do so!!!

Whatever the situation, we have a backup plan – Please see June Celebration on the webpage linked above. Additionally, please hold off on sending your earlier requested grad pictures to the school. The June 4th date will be extended and we are looking at making that option even better!



Get Vaccinated:

Priority Access for Youth Aged 12 to 17

The Waterloo Region Vaccine Task Force is working to make sure that our youth can be safe to learn for September 2021.

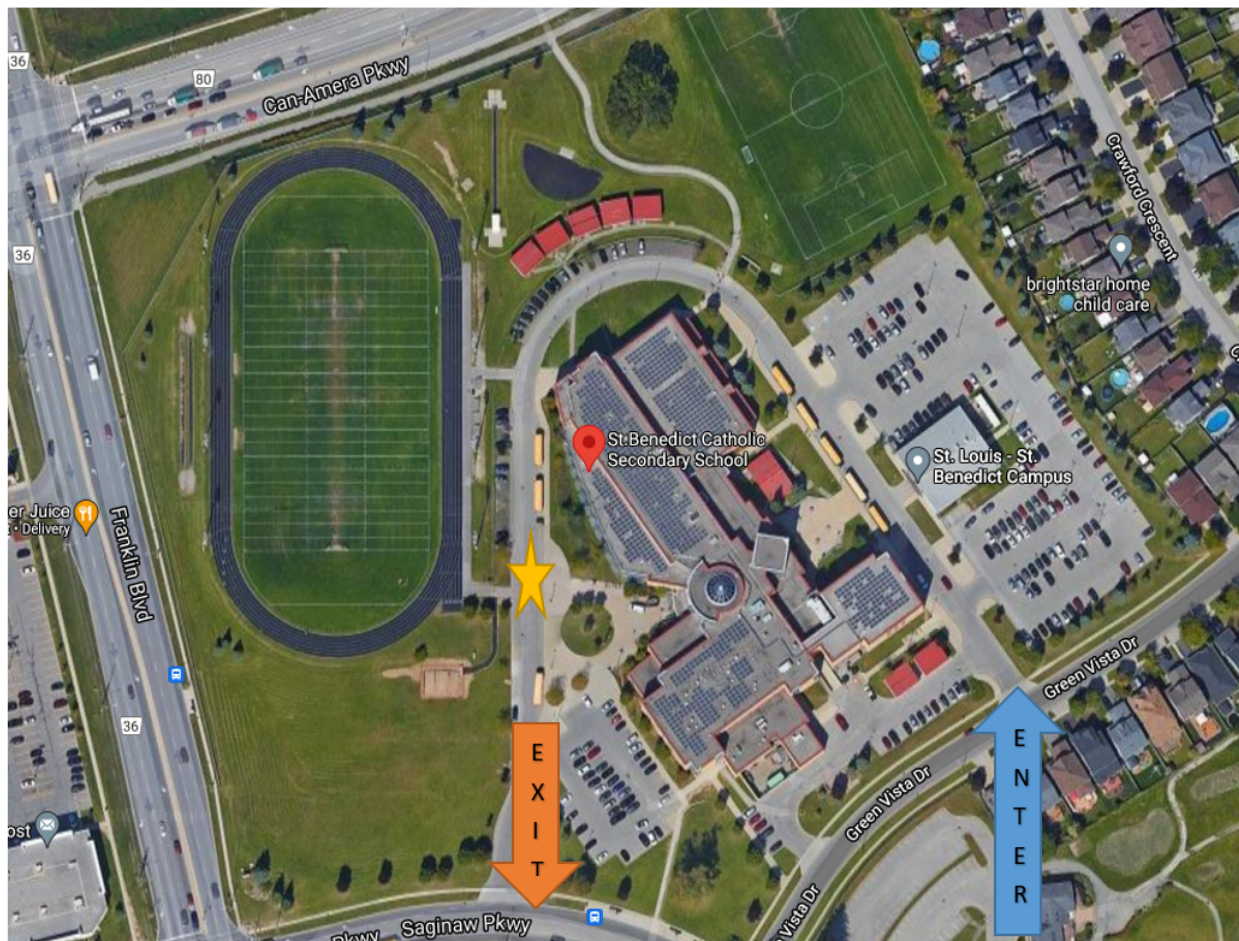
[Read more here](#)

Student drop off and pick up

As we approach the end of the school year, we are designating **June 24th (11am to 3pm)** and **25th (9am to 3pm)** as the days to return any textbook(s), school resources, and equipment belonging to St. Benedict's and used throughout the 2020/2021 school year. **Please do not return borrowed chromebooks at this time (stay tuned for more info on this)!** You will also have an opportunity to pick up your school picture packages and student cards. The photos/cards will be available at the school in September if you prefer to wait until then.

In alignment with Provincial and Regional Public Health Guidelines, we have designated traffic flow by following the blue and orange arrows. The drop off and pick up area will occur in the area of the yellow star (see map below).

Thank you for your cooperation in keeping everyone safe during these activities.



To stand in solidarity with our Muslim brothers and sisters, our flags flew at half mast to mark the tragic, anti-Muslim murders in London last week. As a Catholic community, we pray for the victims and join as one to condemn racism, bigotry and hate, in all its forms anywhere.



Did you know our school has a custom e-store with call-center and web chat support? Avoid long lines and take advantage of easy installment payment options by visiting mccarthyuniforms.ca to shop for your 2021 school uniform!

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](#)

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 Corner

June is PRIDE month

SAINTS GSA

If you are interested in being part of the SAINTS GSA – a social club for LGBTQ+ students and allies, please email Mrs. Varriano Lane at laura.varrianolane@wcdsb.ca

Community Resources

LGBT Youth Line

Confidential, non-judgmental and informed LGBTQQ2SI Peer Support

<https://www.youthline.ca/>

Call 647-694-4275

OK2BME

OK2BME is a set of free, supportive services for [LGBTQ2+](#) identified children, teens and their families in Waterloo Region. The OK2BME program consists of three unique areas including confidential counselling services (in person, or online), OK2BME Youth Groups for individuals 12-18, as well as public education, consulting and training around LGBTQ2+ issues. <https://ok2bme.ca/>
Call 519.884.0000 or e-mail ok2bme@kwcounselling.com

Mental Health and Well Being

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

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).

KIND MINDS FAMILY WELLNESS

LEADERSHIP DEVELOPMENT PROGRAM



KMFW is partnering with Greenway-Chaplin Community Centre to provide Black-identifying youth who live in Cambridge the opportunity to partake in a 4-week leadership development program.

Youth will be given the opportunity engage with new ideas and knowledge while building meaningful relationships.

 226-336-1988

 info@kindmindsfamilywellness.org

 www.kindmindsfamilywellness.org

IN COLLABORATION WITH



Greenway-Chaplin
Community Centre

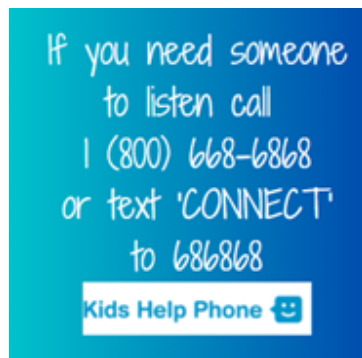




The Counselling Collaborative of Waterloo Region (<https://counsellingwr.ca>) is a partnership of 6 local counselling agencies working together to make counselling services more accessible to individuals with a limited income. Fees may be fully or partially subsidized depending on individual circumstances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

June Mental Health Tip

As we wrap up the school year it's a good time to be thinking about the wide range of supports that are available throughout the summer months. There is a wider range of supports listed on our WCDSB Mental Health and Wellbeing page (<https://www.wcdsb.ca/programs-and-services/mental-health-and-well-being-at-wcdsb/>), but here are a few:



June Study Hacks

STUDY HACK #1

Write out a to-do list, and prioritize what needs to be today vs. what can wait.

Consider the time you can afford to spend on each item, and schedule when you will work on it.

STUDY HACK #2

Do you fall into the post-lunch slump?
Don't crawl back into bed!

Rev back up: If you're tired -- move!
Do something short for a few minutes that gets your heart pumping.
Now back to work!

STUDY HACK #3

Make a goal to work really hard for at least a good solid 15 minutes.
Set a timer and if you're still on task after 15 minutes, AWESOME!
Can you do another solid 15 minutes before you have a short stretch break?

STUDY HACK #4

"If-Then"

Think about all the little distractions that get in the way of completing work, and plan for how you'll respond to them.
(i.e. IF my friend texts me about playing Among Us, THEN I will make plans to do it as a reward on a break later.)

STUDY HACK #5

Trouble getting started?
What's the very first step you need to take to get started on it?
Write down each little step until the task is done.

Can you at least get the 1st step done?

STUDY HACK #6

"When-Then"

Do you grab a snack when you get home + start playing video games instead of schoolwork -- losing track of time and falling behind in school?
Switch it up a bit!
Attach the new routine to one you know you'll automatically do.
Make a commitment that
WHEN you grab the snack
THEN you will eat it at your desk while your computer boots up.

YOUTH JOB CONNECTION PROGRAM

WHERE
DO I
START



Linking you with work...

A Service of the John Howard Society

**EMPLOYMENT
ONTARIO**
Your job is out there. We'll help you find it.

Employment Preparation Program

Eligibility:

15-29 years of age

(15-17 year olds must be legally excused from school)

Out of School and Out of Work

Facing challenges in finding or keeping employment

Program Features

Receive \$14.25 for 60-90 hours of paid pre-employment workshops

Assistance securing employment from a Job Developer

Ongoing support provided

Call today to complete an eligibility screening!

226-339-4308



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.

Message from Guidance

UW Engineering Outreach

UWaterloo's Engineering Outreach office is continuing their free tutoring initiative, Hive Mind, through June! The Hive Mind program offers free one to one tutoring for calculus, physics and chemistry open to high school students. Check out the brochure to register!

<https://drive.google.com/file/d/1QE7WQa0yVovBLKGtGt5cRaYGZvD0j9PL/view>

Community Involvement Hours

Submit your hours using our NEW online form: <https://lf.wcdsb.ca/Forms/APO015-01F>

Virtual Volunteering

For Virtual Placement options, please check out the following links: <https://volunteerwr.ca/>
<https://www.sparkontario.ca/>

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/> **The deadline to register is June 18, 2021 at noon.**

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

Nicholas Betik Kl – Pl

Laura O'Neill Po – Z



Now Accepting Used Uniform Donations!

Do you have uniform pieces you no longer require?

**Please consider donating your gently used items to the
St. Benedict's Used Uniform Program**

When: June 14th—22nd

Where: The bin located at the front entrance of the school

Time: 8am—2pm

During these difficult times, it has become more important than ever to come together as a community to help support the Used Uniform Program. Through the generosity of our students and school community, our Used Uniform program offers families the opportunity to purchase uniform pieces at a discounted rate. All funds raised through the Used Uniform Program go to support the St. Benedict Family Crisis Fund and Student Services Fund.



*Giving is not just about making a donation,
It's about making a difference*

-Kathy Calvin

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/>

SHSM News

Grade 10 and 11 SHSM students can complete certifications including in person standard first aid and CPR over the summer. Reach out to Mrs. Crowell if you would like more information:
Michelle.Crowell@wcdsb.ca

Grade 12 SHSM students who have been messaged about outstanding certifications are reminded they must be completed by June 18 to allow time to process them.

Clubs



Student Activities

Other News

Empower and Allyship Camp

The Sexual Assault Support Centre of Waterloo Region is offering an Empower and Allyship Camp.

This free 10-day virtual camp for youth ages 12-16 will empower youth with tools to make their

communities safer for all. The camp will run from July 12-16 and 19-23 each morning.

Participants will participate in crafts, games, activities, and discussions to help them to think critically about the world around them. The camp will explore topics like gender-based violence, consent, mental health, social justice, allyship, and more! This is a great opportunity for teens to build their resumes and earn volunteer hours while having fun.

Registration is now open until July 1st. Youth of all abilities from any area are encouraged to register.

Empower and Allyship

10 Day Virtual Day Camp

July 12-16 & July 19-23

10:00am - 12:00pm

For youth ages 12-16 of all abilities.

Make Crafts
Earn Volunteer Hours
Build Your Resume
Get Free Stuff

To register please email Violence
Prevention Educator, Sarah Wiley,
at vpeducator@sascwr.org.



Grow. Create Change. Lead.



June 2021

FREE Workshops and training sessions are open to anyone of any age. To register, please contact Resource Centre staff at **519-622-0815 ext. 223** or ccc@waterloo.johnhoward.on.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Resume & Cover Letter Writing 2pm	2	3	4	5
		PLEASE NOTE: All workshops are virtual at this time using ZOOM. Follow this link for all workshops: https://us02web.zoom.us/j/85147159894 Or enter Meeting ID: 851 4715 9894 on www.zoom.us				
6	7	8 Student Resume & Job Searching 2pm	9	10	11	12
13	14 Youth Job Connection Starts (Pre-registration is required)	15 Job Search & Networking 2pm	The following Employment Ontario programs are available through CCC: <ul style="list-style-type: none"> • Youth Job Connection • Employment Services • Second Career 			
20	21	22 Meet & Greet Learn about our programs! 2pm	23	24	25	26
WIND TURBINE INFORMATION SESSION Find out what it is really like to work as a Wind Turbine Technician from an Employer who is hiring. Tuesday June 22 from 4-5 pm Call us today for registration information.		28 Employer Expectations 2pm	30	For additional help with resume and cover letter writing, job searching and interview skills, job leads and potential employment opportunities contact us.		

Contact us for FREE employment support **519-622-0815 ext. 223** or ccc@waterloo.johnhoward.on.ca

Calendar of Events

Thursday, June 17

8:00am: Used Uniform Donation Drop Off
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 18

8:00am: Used Uniform Donation Drop Off
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

Sunday, June 20

Father's Day

Monday, June 21

8:00am: Used Uniform Donation Drop Off
8:00am: Period 3 All students Synchronous
9:52am: Period 3 All students Asynchronous
11:10am: Period 4 All students Synchronous
1:00pm: Graduation Celebration Drive By
1:02pm: Period 4 All students Asynchronous

Tuesday, June 22

8:00am: Used Uniform Donation Drop Off
8:00am: Period 3 All students Synchronous
9:52am: Period 3 All students Asynchronous
11:10am: Period 4 All students Synchronous
1:00pm: Graduation Celebration Drive By
1:02pm: Period 4 All students Asynchronous

Wednesday, June 23

8:00am: Period 3 All Students Final Evaluation
2:00pm: Graduation Survey Results

Thursday, June 24

Last Day for ELD & Cohort C
8:00am: Period 4 All Students Final Evaluation
11:00am: Student drop off and pick up
2:00pm: Graduation – Do you know St. Benedict? Kahoot

Friday, June 25

Assessment and Evaluation / Credit Recovery
9:00am: Student drop off and pick up
7:00pm: Graduation Tribute Video Release

Monday, June 28

Assessment and Evaluation / Credit Recovery

Tuesday, June 29

Last day of school

Wednesday, June 30

BENN Newsletter release

Thursday, July 1

Canada Day

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

The BENN Newsletter

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MailPoet