



Wednesday, September 8, 2021 – Volume 14, Issue 2

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# Opening Week Schedule

Starting tomorrow, all students are to be in attendance, in proper uniform.

## Uniforms

Used uniform distribution has ended. New uniforms can be purchased through [McCarthy's](#).

## More Highlights

- Properly fitted masks are to be worn in the building
- Hand hygiene is more important than ever – sanitize and wash regularly
- Lockers are available for student use – students will be permitted a 5 minute time limit at lockers
- The cafeteria will not be open for general use at lunch
- [St. Benedict School Year Calendar](#)
- Mandatory start up forms are now available on [School Cash Online](#)

## Administration

**Mrs. M. Ingoldsby**  
Principal  
A-BI

**Ms. E. Riley**  
Vice Principal  
Bo-G & International

**Mr. R. Stehlik**  
Vice Principal  
H-N

**Mr. R. Roque**  
Vice Principal  
O-Z

## School Cash Online Important Reminder

### School Start-Up Forms and Fees

**2021-2022 Consent Forms are MANDATORY for all Students**

- Consent forms and fees are accessible through [School Cash Online](#)
- A detailed checklist, that outlines all required consent forms, fees, and information documents by grade level can be found on our school website under Parents > Current Students > Start up Procedures and Information or click [here](#).
- Instructions for creating a School Cash Online account can be found on our school website under the "September Start Up" tab at the top of the screen; scroll down and click on "School Cash Online Creating an Account"
- If you encounter any difficulties, please contact the main office 519-621-4050

**Please submit forms and fees by October 15.**



Coming up ...

# PHOTO DAY IS MON. SEPT 13TH

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*Gr. 9/10's in the morning  
Gr. 11/12's in the afternoon  
Your teachers will have more details*

## Student Census: Parent Consultation Sessions

Dear Parents,

This fall Waterloo Catholic District School Board will be conducting a Student Census. While the Ministry of Education requires all school districts to conduct this census, we are committed to collecting quality, relevant student demographic data, so we can meet the needs of all our students. You can learn more about the census at <https://www.wcdsb.ca>

Before we ask your child or children to complete the census, we want to hear from you. We are hosting a series of consultations online. These consultations will give you an opportunity to ask questions and provide feedback. Please note, we will be hosting a couple of sessions specifically for parents of BIPOC (i.e., Black, Indigenous, People of Colour) students because the census must include questions around Indigeneity, race, and ethnicity. We can imagine parents of BIPOC students may have additional questions and concerns about how we will use the data in a respectful and productive way.

The dates of the consultations are listed below:

Activity	Date	Links to Online Meeting
Parent Consultations: Parents of BIPOC students (1st opportunity)	September 14th, 6:00 pm – 7:30 pm	Microsoft Teams meeting Join on your computer or mobile app <a href="#">Click here to join the meeting</a> Or call in (audio only) <a href="#">+1 226-241-2413,,161778222#</a> Canada, Kitchener-Waterloo Phone Conference ID: 161 778 222#
Parent Consultations: All Parents (1st opportunity)	September 16th 6:00 pm – 7:30 pm	Microsoft Teams meeting Join on your computer or mobile app <a href="#">Click here to join the meeting</a> Or call in (audio only) <a href="#">+1 226-241-2413,,743364837#</a> Canada, Kitchener-Waterloo Phone Conference ID: 743 364 837# <a href="#">Find a local number</a>   <a href="#">Reset PIN</a>
Parent Consultations: All Parents (2nd opportunity)	September 21st 6:00 pm – 7:30 pm	Microsoft Teams meeting Join on your computer or mobile app <a href="#">Click here to join the meeting</a> Or call in (audio only) <a href="#">+1 226-241-2413,,61162131#</a> Canada, Kitchener-Waterloo Phone Conference ID: 611 621 31# <a href="#">Find a local number</a>   <a href="#">Reset PIN</a>
Parent Consultations: All Parents (3rd opportunity)	September 22nd 6:00 pm – 7:30 pm	Microsoft Teams meeting Join on your computer or mobile app <a href="#">Click here to join the meeting</a> Or call in (audio only) <a href="#">+1 226-241-2413,,878427961#</a> Canada, Kitchener-Waterloo Phone Conference ID: 878 427 961# <a href="#">Find a local number</a>   <a href="#">Reset PIN</a>
Parent Consultations: Parents of BIPOC students (2nd opportunity)	September 23rd 6:00 pm – 7:30 pm	Microsoft Teams meeting Join on your computer or mobile app <a href="#">Click here to join the meeting</a> Or call in (audio only) <a href="#">+1 226-241-2413,,871973756#</a> Canada, Kitchener-Waterloo Phone Conference ID: 871 973 756# <a href="#">Find a local number</a>   <a href="#">Reset PIN</a>

# Updated Daily School & Child Care Screening

As we get ready to head back to school, we are truly looking forward to a year that allows us to embrace a renewed love of learning, within our faith-based communities.

We remain very grateful for your continued support as we navigate life in the COVID-19 era, and remain ready and willing to assist you as we transition back to what will undoubtedly be a #WCDSBAwesome year!

Please review our full [Operational Guidelines](#) to ensure you understand how we are ensuring a safe and happy return to school.

In addition, please be aware of the ongoing expectation that all students, staff and visitors are expected to each day complete the required provincial government [COVID-19 Daily Screener](#) online, or [download and print a hard copy](#) for daily reference.

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The Catholic Community  
Foundation of Waterloo Region

# Speaker Series

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## An Interactive Discussion on Student Support for Active Parents

**September 23<sup>rd</sup>, 7pm – 8pm <sup>EDT</sup>**

Although learning environments have shifted over the past year, parents everywhere have helped their children navigate these changes by taking a more active role in their education (kudos to you, parents!)

Now, as students go back to in-person learning this fall, you can ensure your child is more prepared - both socially and academically - by attending our upcoming event.

The Catholic Community Foundation of Waterloo Region invites you to join in a **virtual interactive presentation** and live discussion on **Thursday, September 23, 2021 from 7pm - 8pm EDT**. We are bringing together experts from the region to share their best practices, ideas and identify learning needs to help students succeed moving forward from the pandemic influences/challenges.

**Take the first step in setting your child up for success this school year!**

Register today!  
**Space is limited.**





## Student Bus Transportation

School vehicles can operate at full capacity. The seat directly behind the driver in school buses should be empty to maintain physical distancing between the driver and students. This distancing may not be applicable to other vehicles such as vans or cars. Where school vehicles are able to operate at less than full capacity students should be seated in a manner that maximizes physical distancing. Active forms of travel (for example, walking and cycling) are encouraged to ease pressure on transportation demand. Windows should be opened when feasible to increase ventilation.



The use of non-medical masks for students in grade 1 to 12 is required on school vehicles. Exceptions should be made for students with medical conditions or special needs that prevent masking.

Students should be assigned seats and a record of the seating plan. Students in the same household or are in the same classroom cohort should be seated together where possible.

## Significant Days & Dates

Click [here](#) to view the most up to date calendar information.

### Christmas Break:

December 20 to 30, 2021 (Classes resume January 3)

### March Break:

March 14, 2022 to March 18, 2022

### Professional Activity Days:

Friday, October 8, 2021

Friday, November 19, 2021

Wednesday, February 2, 2022

Friday, April 8, 2022

Friday, June 3, 2022



## Stay Connected with St. Benedict's!

Twitter

[@StBenedictCSS](#)

Instagram

[@bennies\\_sac\\_updates](#)



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](http://mccarthyuniforms.ca) to shop for your 2021 school uniform!

# Mental Health and Supports

## Parent Wellbeing Series:

A series of four 10–20 minute videos focusing on parent/caregiver wellbeing:

1. Self-Compassion
2. Recognizing Signs of Internal Struggle
3. Radical Self-Care
4. Daily Anchors and Guided Meditation

You may wish to ask your child/teen if they know about the services available through KidsHelpPhone (a free, 24 hour anonymous counselling and support to children/teens who are struggling with a wide range of issues (i.e. mental health, break-up's, friendship problems, bullying, etc.)

<https://kidshelpphone.ca/>

Phone: 1(800) 668–6868

Text CONNECT to 686868

Messenger, and live webchat

Let them know it's okay to ask for help if they are struggling, and check out the Kids Help Phone webpage together to see what kinds of resources and information they have. Teens may also want to check out the Jack.org Covid-19 Youth resource hub: <https://jack.org/covid>.

If you require additional supports our local child and adolescent mental health services are here to support you. Please contact them directly for the most up-to-date information on the services available:

Front Door: Access to Child and Youth Mental Health Services:

Access point for Waterloo Region mental health services for children and youth

<https://www.frontdoormentalhealth.com/> (519)749–2932

Here 24/7: 24 hour Crisis service, and access point for Mental Health and Addictions services in Waterloo Region (16+): 1-844-437-3247 <http://here247.ca/>

If this is a medical emergency please contact 911 or visit your local emergency department.

## Websites & Apps:

On WCDSB's main [Mental Health and Wellbeing Page](#) you can also find general information about:

- mental health 101
- links to age-appropriate videos that can teach your family self-care strategies such as deep breathing, muscle relaxation, mindfulness, etc.
- recognizing signs that your child/teen is struggling
- tips for having conversations with your child about mental health
- where to go for help, including a wide range of local supports

## Mentally Healthy Return to School

<https://www.wcdsb.ca/mentally-healthy-return-to-school-webpage-for-families/>

## Mental Health and Well Being at WCDSB

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

<https://mindyourmind.ca/> (info & tools to help manage stress, crisis and mental health concerns)

<https://anxietycanada.com/> (info & tools to help manage anxiety)

<https://bouncebackontario.ca/> free online/phone skill-building program to manage mild-moderate symptoms of anxiety/depression. Age 15+

**Apps:** Insight Timer, Abide, Woebot, Mind Shift, Calm, BeSafe, Always There

Please note there are mental health supports available to all Canadians during covid at Wellness Together Canada <https://ca.portal.gs/>, as well as <https://info.mindbeacon.com/btn542> for residents of Ontario.

## News from Guidance

### Who is your Guidance Counsellor?

Counsellor's Name	Ext	Last names
Mrs. O'Toole	5190	A – DI
Ms. Arkell	5636	Do – Ki
Mr. Betik	5633	KI – PI
Mrs. O'Neill	5634	Po – Z
Ms. Varriano Lane	5635	International Students/ICP

Welcome back to all our students, we look forward to seeing you again or meeting you for the first time! We hope you had a safe and restful summer and are ready for a new school year.

This week our Guidance counsellors will be working to correct and adjust timetables. Changes will be available by completing the guidance counsellor's google form (on the school website by going to Student Services > Guidance) before September 13.

Please do not email or call Guidance counsellors directly to make timetable changes. Only students that complete the google form will be able to make a change. Priority will be given to students who need to make the following changes:

- I am missing the pre-requisite (I am in grade 10 science, but didn't take grade 9 science)
- I already have this credit (I completed a course in summer school)
- I am missing a course (I only have 1 course this quadmester)
- Pathway change (I am in academic, but want to be in applied)
- Post-secondary requirements (I now need Calculus for Health Sciences)

Please double check your schedules prior to the start of school (after September 3). Some counsellors are still making changes from outstanding requests.

### Guidance Google Classrooms

Once again, the Guidance department will have google classrooms available to share information with our students. Please consider joining the classrooms:

#### Grade 9 and 10

<https://classroom.google.com/c/Mzg1OTc4MjA0MDk1?cjc=7c3t6un>

#### Grade 11 and 12

<https://classroom.google.com/c/Mzg1OTc4MjA0MjMz?cjc=mxmohzx>

Scan the code below to book an appointment with your Guidance Counsellor



Then click the plus sign beside your Guidance Counsellor to book an appointment.

### Ontario Universities Virtual Fair

Ontario's universities are excited to host the Ontario Universities' Fairs (OUFs) this fall. The OUFs will consist of 2 virtual events:

- Saturday, September 25, 12 – 2 pm
- Tuesday, October 26, 5 – 7 pm

All Ontario universities will participate in these free events and anyone may attend – pre-registration is not required.

Each event will be divided up into four 30-minute sessions, where students can learn about the universities of their choice and ask questions. Some universities will offer presentations in French. These events are a great opportunity to get answers about programs, admission requirements, student life and much more.

- Students should visit the [OUInfo website](#) before the event to learn more about Ontario's universities – like which universities offer the programs they're interested in – to help them decide which sessions they want to attend.
- Suggest students check out the [event schedule](#) to see what each university will offer during their session and to plan their time wisely.

### Ontario College Virtual Fair

This year's information fair will be a virtual event. Attendees will be able to speak with faculty and staff from 24 of Ontario's colleges in a fully interactive virtual environment. Prospective students can participate in information sessions, learn more about available programs, and how to apply to college. Visit the [OCVF website](#) for registration information.

- Wednesday, November 4, 2020 4 pm – 8 pm
- Thursday, November 5, 2020 9 am – 1 pm

# Academics

## Interested in learning more about the Specialist High Skills Major program?

Please go to [highskills.ca](http://highskills.ca) or drop by the coop office on the second floor to speak with Mrs. Crowell



# Clubs

## Student Activities

## Other News

### News from the Library



## Calendar of Events

**Thursday, September 9**

First Day Together as a Full Community since  
March 2020

**Friday, September 10**

Last day for course changes

**Monday, September 13**

**8:00am:** Photo Day

**Wednesday, September 22**

BENN Newsletter release

**Tuesday, September 28**

**8:00am:** Terry Fox Run

**6:00pm:** Catholic School Advisory Council  
Meeting

**Wednesday, September 29**

**8:00am:** Terry Fox Run (rain date)

**Thursday, September 30**

Orange Shirt Day

**Tuesday, October 5**

World Teachers' Day

**Wednesday, October 6**

BENN Newsletter release

**Thursday, October 7**

Turn Around Date for Careers/Civics

**2:30pm:** Parent/Student/Teacher Conferences

**Friday, October 8**

PA Day

**Monday, October 11**

Thanksgiving

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

**The BENN Newsletter**

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