

Display problems? [Open this email in your web browser.](#)



Wednesday, December 15, 2021 - Volume 14, Issue 9

Message from Administration



On behalf of the Administrative team, we would like to wish each of you and your families the joy and happiness of the Christmas Season.

As we have been preparing ourselves during this advent season for the coming of Emmanuel. Our community has generously donated numerous gifts to the Bridges Shelter as well as donations to the Cambridge Self-help Food Bank and to the Cambridge Firefighters Christmas Basket Drive. Additionally, Parent Council has donated money from our Bingo Proceeds to the food Bank, Bridges and St. Vincent de Paul. Thanks to all for your generosity.

During the Christmas break, School Messenger will be used to communicate any further directions for our return to school in January.

Thank you all for your continued diligence following the operational guidelines and Public Health directives.

We look forward to 2022 with anticipation and hope. May it bring a year of health, happiness, wisdom, and peace to all.

Stay safe and be well!

Admin Team

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

COVID Rapid testing kits distributed to students

In an effort to promote a safer return to the classroom after the winter break, on behalf of the Government of Ontario, SBCSS is providing take-home rapid antigen screening kits, that are available to every child who attends a publicly funded school in Ontario. Testing kits were distributed in Period 2 classes this week. [Click here for Self Screening Instructions.](#)

The letter from the Minister of Education is below.



Ministry of Education

Minister

315 Front Street West
Toronto ON M7A 0B8

Ministère de l'Éducation

Ministre

315, rue Front Ouest
Toronto ON M7A 0B8



December 10, 2021

Dear Ontario Parents,

Nothing is more important than the safety of Ontario's children. Thanks to the combined efforts of students, school and public health staff and parents – supported by high rates of vaccination – we have increasingly made our schools safer for in-person learning.

In-person learning is critically important for the mental and physical health of our young people. To promote a safer return to school in January, our government is adding another layer of protection for our children by distributing a total of 11 million take-home rapid antigen screening test kits to all public and interested private and First Nation schools. This means that if your child has been learning in-person, they will receive a kit of five rapid antigen tests for use over the holidays leading into the return to in-person learning in January 2022.

It is recommended that students conduct rapid antigen tests every three to four days over the holiday break, beginning December 23, until all five tests have been used. These tests are simple, safe, easy to use, and allow you to know the outcome within 15 minutes. Please view [this video](#) to learn more about at-home rapid antigen testing. This video will also be available in 15 other languages as of Monday, December 13. Participation in this rapid antigen testing program is entirely voluntary, but we know that rapid antigen testing is another way that we can help limit the spread of COVID-19 and support a safer return to school after the holidays.

Students should only use these tests if they are asymptomatic (they do not have any symptoms of COVID-19) and have not been exposed to a confirmed case. Anyone who has symptoms, or is identified as a close contact of a case, should follow public health advice and get a [PCR test for COVID-19](#). While testing is important, vaccines remain our best defence and eligible Ontarians aged 5 and up can [book a COVID-19 vaccination appointment now](#).

This Christmas and holiday season, I encourage you to safely enjoy your time with family and friends so that we can continue to keep schools open for students.

Sincerely,

A handwritten signature in black ink, appearing to read 'Stephen Lecce'.

Hon. Stephen Lecce
Minister of Education

A handwritten signature in black ink, appearing to read 'Kieran Moore'.

Dr. Kieran Moore
Ontario Chief Medical Officer of Health



Pre-Christmas Clean Up!

Students are reminded to clean out their lockers prior to leaving for the Christmas Break.

All food and garbage should be removed; and personal items should be taken home.

All lockers should be securely locked with the school provided lock.

Positive Parent-Teacher communication

As always parents/ guardians are valuable partners in their child's education. We invite you to keep the lines of communication open as you can be an effective resource to support the learning your child. As per our WCDSB Administrative Procedures Memorandum #APC001, Communication Guidelines, we ask that all public and interpersonal communications must recognize the dignity of the individual and be conducted fairly, honestly, and with respect.

When a parent, guardian or other board stakeholder has a concern or suggestion, it is expected that the concern/suggestion will first be taken up with the staff member with whom the parent / guardian / stakeholder has the concern/suggestion. Therefore, the process outlined on the right will be followed.

1

Speak directly to the staff member. If the issue is not resolved, proceed to step two.

2

Speak to the Principal. If the person with the concern has not yet addressed the issue with the staff member involved, the Principal will ask them to do so.

3

If, having spoken to the Principal, the person with the concern believes the issue is not resolved, they may speak to the Superintendent of Learning responsible for the school.

4

If, having spoken to the Superintendent of Learning responsible for the school, the person with the concern believes the issue is not resolved, they may speak to the

5

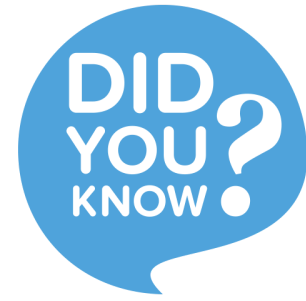
If, having spoken to the Director of Education, the person with the concern believes the issue is not resolved, they may register as a delegation to address the Board of Trustees. Information on how to register as a delegation to the board is available in the WCDSB website. Please note that stakeholders are free to address the Board of Trustees as a registered delegation at any time, subject to any pertinent laws, regulations or board policies.

Inclement weather reminder

Inclement Weather Protocol

As you know, there are sometimes days in the winter when we have to cancel bussing due to the weather and unsafe driving conditions for our buses. In consultation with the public board, with whom we share bussing, when we cancel buses, we will close schools and have a remote learning day. Your teacher will communicate with you in advance so you know where to look for school work for the day and protocols on such days, but in broad terms, the teachers will post work in the morning, no later than 9:30 a.m. and students will work on their own timing in their home. This will allow all students to access learning and we will be continuing to keep one and all safe.

We realize it may not be a perfect solution and learning day, but bus snow days rarely were. We apologize in advance for any inconvenience and hope that we are not in this situation too often.



When we launched the BENN in 2008, the first year's eighteen issues--if copied for every student in the school at the time--would have used over 102,000 sheets of paper.

This year we surpassed that much paper saved with our **eighth** issue.



HEY GRADS!

Get ready to SAY CHEESE!

Grad photo appointments for February will be available soon! Put yourself on the waiting list to be notified when bookings reopen.

[Click here](#) to get started.

SCHOOL CODE: TBO

COVID-19 Screening

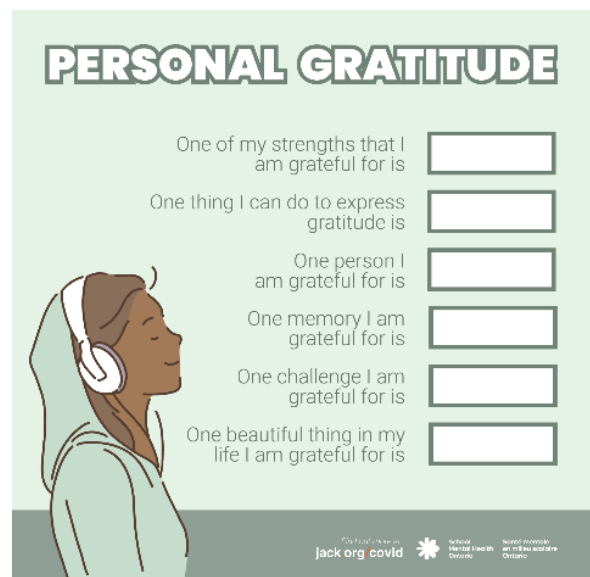
Just a reminder to complete the screening tool before you arrive at school. Any individual who fails the screener or who is symptomatic in any way should not be reporting to school. That is part of our collective responsibility to one another. <https://covid-19.ontario.ca/school-screening/>

Managing Holiday Stress

The holiday break is an opportunity to rest and enjoy! At the same time, holidays can be overwhelming and stressful at times.

Grounding ourselves in those moments can help us to self-regulate, manage our emotions and be present.

Try these practices of Breathing, Muscle Relaxation and Gratitude.



Winter Break Wellbeing Passport

Take your family on an adventure in your own home and community this holiday break! Unplug, unwind and check out the Winter Break Wellbeing Passport for ideas to learn about and practice different mental health and wellbeing activities.

[Winter Break Wellbeing Passport – WRSPC](#)

BE WELL & Reach out to the Help you need

If you or your child/teen needs help over the holidays, please reach out, there is support available to you.

frontdoormentalhealth.com is the access point for families needing children's mental health services in Waterloo Region. Appointments are available by phone or video Monday to Fridays. 519-749-2932

BeSafeapp.ca helps youth to connect with resources and develop a safety plan in a time of crisis.

[Get Support – Kids Help Phone](http://GetSupport-KidsHelpPhone) is Canada's 24/7 support service – available to young people via phone, text or website. 1-800-668-6868, text 686868

Here247.ca is Waterloo Region's hub for support to help guide you to services for addictions, mental health and crisis services. 1-844-437-3247 (HERE247)



Do you need Additional Support?

Please also access our [Mental Health & Well-Being\(wcdsb.ca\)](http://Mental Health & Well-Being(wcdsb.ca))

If you or someone you care about is struggling, you are not alone.

There are services online and in our community that can provide support. Please follow these links for more information:

Mental Health Services and Resources

LINK/RESOURCES

Other Helpful Waterloo Region Supports

LINK/RESOURCES

And

[FamilyCompass\(familycompasswr.ca\)](http://FamilyCompass(familycompasswr.ca))



SEARCH FOR SERVICES

Search for local health, social and recreational services for children and youth in Waterloo Region.



I HAVE A CONCERN

A tool to help you find a local organization that can help address developmental concerns in a child or youth.



RESOURCES FOR PARENTS

Link to Parenting Now – a website that offers resources for parents to learn, find support and connect with other parents.

Student pick-up and drop-off

We continue to ask parents to **enter off Green Vista into our back entrance, follow the signs in the parking lot and leave out the other exit back onto Green Vista**. We would like to see all the cars drive right through to drop off however. If student get dropped off at the start of that parking lot, it just jams up the traffic as other cars try to pull in. Otherwise, traffic is much better at the school. On the Pick up, please feel free to pull into that lot also to take some traffic away from the actual street on Green Vista.

We also thank those that are dropping off and picking up students in the "Drive to 5" locations. This is also taking strain away from our congested bus routes. All your effort makes a difference and it is very much appreciated!! Thank you again as we work towards safety for all our students!!!

St. Benedict CSS School Traffic Flow

Student safety and bus schedules
have been impacted by onsite traffic.

New!

A drop off/pick up loop off Green
Vista Drive.

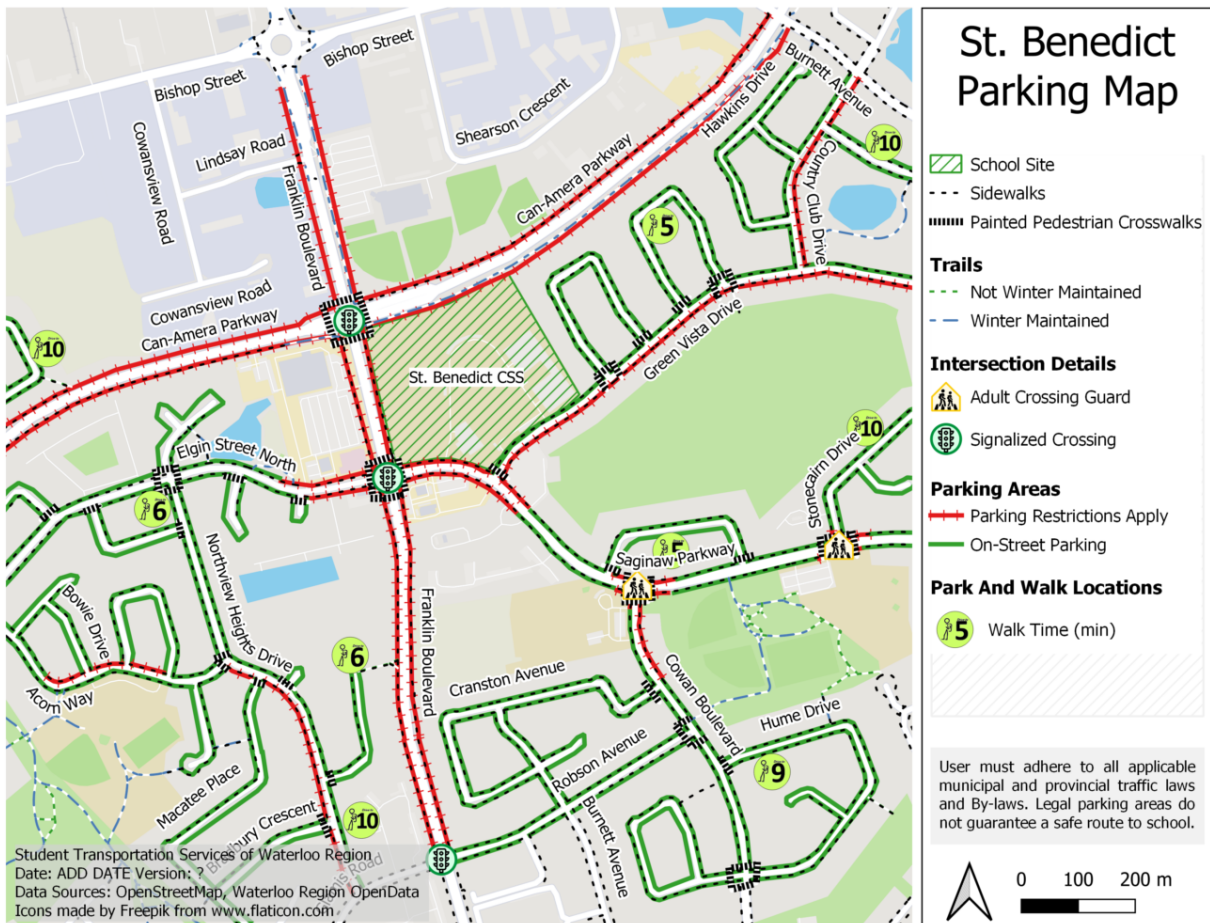
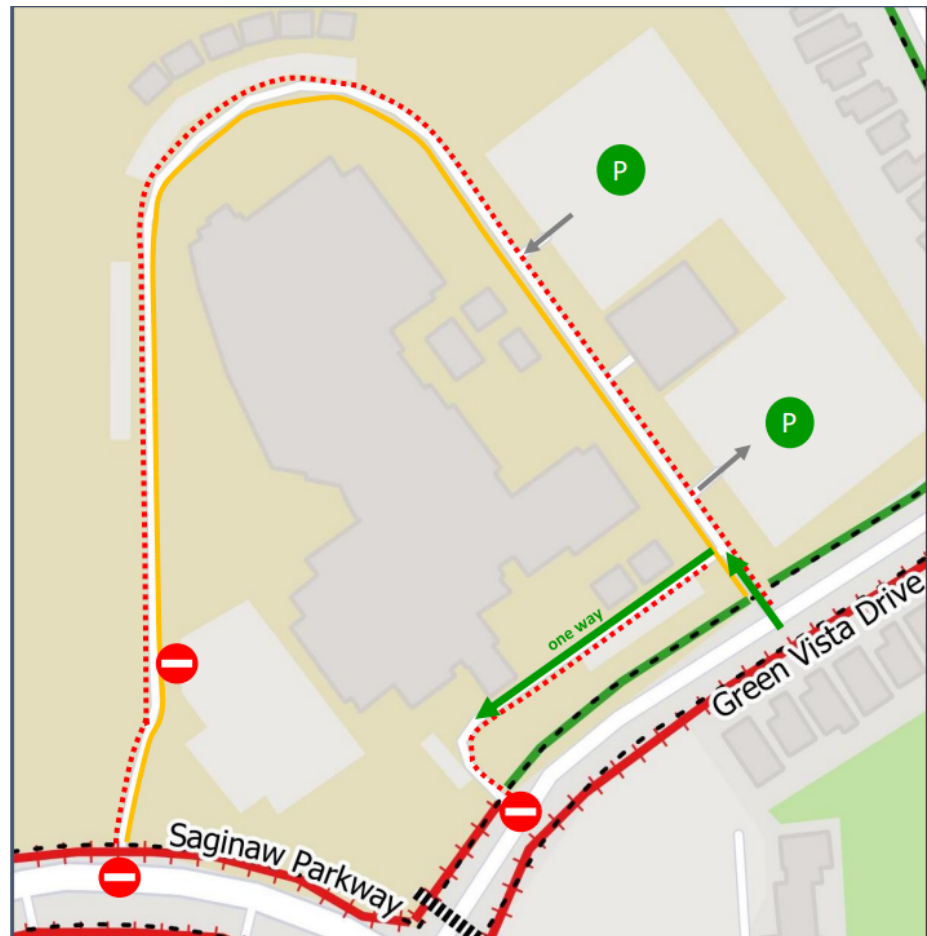
Parking onsite?

Use the designated lot at the back of
the school. Do not use the fire lane!

Alternatives

Avoid school traffic altogether – ask
for a “Drive to 5” map and walk the
last few steps to school!

- ⋯ Fire lane
(no parking/stopping)
- + Parking restrictions
- ⊘ Do not enter
(buses excepted)
- Bus lane/layby
- Drop off/pick up
(Single file only.
Do not park.
Do not exit vehicle.)
- On-street parking



Significant Days & Dates

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

Turn Around Date, Civics/Careers: T2 begins December 16

Parent /Student/ Teacher Interviews: Thursday December 16

Christmas Break:

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

March Break:

March 14, 2022 to March 18, 2022

Professional Activity Days:

Wednesday, February 2, 2022

Friday, April 8, 2022

Friday, June 3, 2022

Stay Connected with St. Benedict's!

Twitter

[@StBenedictCSS](#)

Instagram

[@bennies_sac_updates](#)

News from Guidance

Who is your Guidance Counsellor?

Counsellor's Name	Ext	Last names
Mrs. O'Toole	5190	A – D
Ms. Arkell	5636	Do – K
Mr. Betik	5633	K – P
Mrs. O'Neill	5634	P – Z
Ms. Varriano Lane	5635	International Students/ICP

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.

Academics

Students host Christmas Market to spread Christmas joy

Students and staff in the Community Living and ACTIVE program lived their motto of "Using Our Gifts to Serve Others" by organizing a Christmas Market.

Students and staff helped to create and sell one of a kind crafts and holiday decor items with proceeds going to benefit community building and outreach initiatives.

Thanks to the support of staff who came out to purchase items, we were able to donate \$200.00 to "Build a Bag for Foster Children". This charity started in 2016 by a local mom, Dondra McKeegan, who "just wanted to do something nice for foster kids at Christmas." Dondra, and her small group of volunteers, help children newly placed into foster care by providing them with backpacks filled with essentials, such as new clothing and toiletry items.

In addition to financial donations, students from various classes took the time to write letters of encouragement to those in foster care, which will be placed in the backpacks.

HOW CAN YOU HELP?

The 2021 Christmas Campaign is underway. You can help a child or teen in need in your community by making a donation of new clothing or toiletry items. Financial donations are also accepted.

Pick up or drop off can be arranged by emailing: Angels@BuildABag4Kids.ca
To learn more about Dondra and her team, please visit: <https://buildabag4kids.ca>



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

Please go to highskills.ca or drop by the coop office on the second floor to speak with Mrs. Crowell



Athletics

Swimmers savour success

Over the last two weeks, the St. Benedict's swim team has had their first two swim meets, and the results are in!

In their first meet, we congratulate the team for coming in second place overall, as well as the girl's division coming in second place, and boy's division coming in third place. Shout out to Jewel Buckley for coming in first place for the female open division.

Last week the team worked hard and showed tremendous dedication at their second Swim Meet. Congratulations to the Bennie's Swim Team for coming in second place overall, as well as the girl's division coming in first place! Shout out to Jewel Buckley for coming in first place for the female open division, and Ashley Gould for coming in first place for the senior girl's division!



Reminder

As per District 8 and Public Health protocols

No spectators are permitted in the gym (or school) during Volleyball and Basketball games. It is our hope that these protocols change in the future.

At this time we hope that you respect these protocols and make the return of athletics enjoyable for all participants.

Sports Results

SENIOR GIRLS VOLLEYBALL

St. Benedict CSS 3, Monsignor Doyle CSS 1
Resurrection CSS 3, St. Benedict CSS 0
St. Mary's HS 3, St. Benedict CSS 1

JUNIOR GIRLS VOLLEYBALL

Monsignor Doyle CSS 3, St. Benedict CSS 1
Resurrection CSS 3, St. Benedict CSS 1
St. Mary's HS 3, St. Benedict CSS 1

VARSITY GIRLS HOCKEY

Resurrection CSS 4, St. Benedict CSS 1
Monsignor Doyle CSS 2, St. Benedict CSS 1
St. David CSS 8, St. Benedict CSS 1

SENIOR BOYS HOCKEY

St. Benedict CSS 4, Resurrection CSS 1
St. Benedict CSS 4, Monsignor Doyle CSS 2

SENIOR BOYS BASKETBALL

Monsignor Doyle CSS 64, St. Benedict CSS 48
Resurrection CSS 59, St. Benedict CSS 55
St. Benedict CSS 55, St. Mary's HS 47

JUNIOR BOYS BASKETBALL

St. Benedict CSS 79, Monsignor Doyle CSS 27
St. Benedict CSS 66, Resurrection CSS 51
St. Mary's HS 74, St. Benedict CSS 66

Saints Named Most Valuable Players

D8 Girls Basketball: Lily Vrugteman named MVP



On Thursday, December 2, District 8 announced that St. Benedict's Lily Vrugteman was named the senior girls basketball most valuable player for the 2021-22 season.

Vrugteman, a grade 11 guard, helped lead the Saints to an undefeated season, and recaptured the senior girls league title averaging 14.1 points per game.

Teammate and fellow grade 11 guard Katie Leudy joins Vrugteman as a D8 first team all-star. Leudy consistently helped the Saints offence in scoring, having two games with 20 points or more. Saints Grade 12 forward Alison Staples was named as a second team all-star.



D8 Football: Ethan Eveleigh named Father Mike MVP



On Monday, December 6, District 8 announced that St. Benedict's quarterback Ethan Eveleigh would be named the Father Mike most valuable player in senior football.

Eveleigh earned the top individual honours as he marched the Saints to a District 8 championship title, throwing for eight touchdowns and rushing for another four.

"Ethan had a tremendous year for the Saints and was a big reason why we were able to capture the District 8 Championship," said Joe Vale, head coach of the St. Benedict's senior football team. "When called upon, Ethan was able to sit in the pocket and deliver efficient throws to receivers and running backs all over the field. However, when a play broke down, it was Ethan's quickness and mobility that made him extremely successful. The fact that Ethan was able to move from the receiver position to quarterback says a lot about his athleticism and football IQ."

Clubs

Fiscal Fun in Finance Club

Eveleigh is currently attracting interest from a number of Canadian post-secondary teams for the 2022 season and hopes to make a decision soon.

Joining Eveleigh as first team all-stars are offensive teammates Eric Laffin and Caleb Hamilton. Both players scored a touchdown in the 2021 season, while Hamilton also played on defence alongside linebacker and first team all-star Bryn Palin.

Three grade 11 players were named as second team selections from St. Benedict's including Jacob Emery who lined up at defensive back, and Alex Pauletic who split time on the offensive and defensive line. Brayden Ratfort was also named to the second team scoring one touchdown on the season.



Left to Right: Bryn Palin, Ethan Eveleigh, Caleb Hamilton



Stock Market Challenge

The Finance Club is in full swing and we have even started our stock market challenge back up again! Start with \$100,000 and see how much you can make before the end of the quadmester. We are doing it a bit differently than in the past, but come see Mr. Milardovic to get your money and start trading!

The Wealthy Barber Returns

Not all members of the Finance Club are interested in trading, but are interested in talking about finances. Through a generous donation by a local organization, several years ago we got a class set of copies of the book by Dave Chilton. Come see Mr. Milardovic to borrow a copy, and be prepared to have some discussion about what you've read at next week's meeting.

Club information is posted regularly on the [Finance Club webpage](#), please check frequently and speak to Mr. Milardovic if you have any questions.

Student Activities

Hey Saints!

Have a great idea?

Want it to be run by
SAC?

Fill out the suggestion QR forms posted
around the school and
on the Bennies SAC instagram & maybe it will
flourish into an event!

Other News

News from the Library

Clemens Mill
IDEA|EXCHANGE

The St. Benedict library learning Commons welcomes students to work quietly in the library, pickup holds or sign out books.

With the cold weather, students should plan to spend lunch either in their classroom or outside as there is limited seating available in the library.

Masks are mandatory and must cover your nose, mouth and chin.

No food is allowed, non-spillable drinks are permitted.

Please note the following closures over the Christmas holiday period for Clemens Mill Library:

Friday December 24 to Tuesday December 28

Saturday January 1

Sunday January 2

Monday January 3: Please note Clemens Mill Library AND the St. Bennies Library are **closed**.

Parish Connections

St. Mary of the Visitation

Dear friends,

Advent is here and it is time to prepare ourselves spiritually for Christmas. During Advent we read from the Old Testament prophets and listen to the Word of God which will speak about God's promise of salvation, of a Saviour. This Word, in its original context, was speaking to a people who were often afflicted, who were suffering.

The promise of God, related by the prophets, spoke of God's intention to act, to free the people of Israel from war, political oppression and injustice, to heal them of their illnesses and free them from sin. The prophetic word was meant to instill hope and called the people to trust in God's mercy.

As Christians we interpret these words as the promise of the coming of a Saviour. At Christmas we commemorate our Saviour's birth; Jesus the Son of God was born to save us. Advent is meant as a time for us to enter into the spirit of hope that was shared by the Old Testament prophets with the people of Israel.

As we continue to navigate these days of the pandemic, hope is sometimes hard to come by. Advent, however, is a time to cling to the hope of our faith. God has promised us salvation and this promise was fulfilled in the coming of Jesus Christ, our Lord and Saviour.

God bless,
Father Ed

St. Patrick's Parish

Dear Parishioners & Friends:

On behalf of Deacon Terry and myself – and our entire parish staff – may I extend to you and your family our prayerful best wishes for a holy and blessed celebration of Our Saviour's birth.

Christmas Mass Schedule

Christmas Eve: December 24

5:00 p.m. / 7:00 p.m. / 10:00 p.m.

Christmas Day: December 25

11:00 a.m.

Feast of the Holy Family: December 26

9:00 a.m. / 11:00 a.m.

Registration required for December 24 & 25

Please register online or call the parish office at 519-658-4443 during office hours only.

Mary, the Holy Mother of God

5:00 p.m. (December 31)

11:00 a.m. (January 1, 2022)

Epiphany of the Lord: Sunday, January 2

9:00 a.m. / 11:00 a.m.

Please note: There are no Saturday evening Masses on Dec 25th and Jan 1st

If you are a visitor to our parish during this Christmastide – welcome! And, if you are a returning parishioner – welcome home!

We pray that you will find that the peace and joy of Christ the Saviour is very much present in our people and in the sacred liturgy we celebrate in this church.

Christmas brings us the welcome news that our God is loving and merciful and desires to be with us – so much so, that the Lord of heaven and earth became flesh and was born on this day – for us.

May this sacred season be an occasion for each one of us to share the divine love of our newborn Saviour with family, with friends and with everyone we meet.

Sincerely yours in Christ.

Rev. Fr. Joe S. Selvanayagam
Pastor

CHRISTMAS MASS TIMES



THE NATIVITY OF OUR LORD

Christmas Eve - Friday, Dec. 24

Registration Required

5 pm, 7 pm & 9 pm

*(there will be no 8 am Mass
or adoration on this day)*

Christmas Day - Saturday, Dec. 25

9 am & 11 am

(there will be no 5 pm Vigil Mass on this day)

THE HOLY FAMILY OF JESUS, MARY, JOSEPH

Sunday, December 26

9 am & 11 am

SOLEMNITY OF MARY, MOTHER OF GOD

New Year's Eve - Friday, Dec. 31 at 5 pm

New Year's Day - Saturday, Jan. 1 at 9 & 11 am

(there will be no 5 pm Vigil Mass on this day)

THE EPIPHANY OF THE LORD

Sunday, January 2 at 9 am & 11 am



Connecting Together Post-Covid

DESTRESSING SKILLS TRAINING
THROUGH CBT



Join our fun and engaging group

Groups sessions for teens that are struggling with social and generalized anxiety. Learn coping and communication skills and learn to overcome and manage your anxiety and fears. Connect with others that are experiencing the same feelings and connect and talk with professional counsellors who will lead the group through fun and engaging exercises to set you on a path towards self-empowerment, goal setting and personal achievement

Tuesdays from 6:00
pm - 8:00pm
8 sessions

January 11th, 2022 -
March 1st, 2022

Fun and engaging
"Safe Space"
A FREE Program for
teens experiencing
social anxiety

Small groups of
8- 10
teens. Limited
spaces
available

Group sessions for teens aged 12-15
who are experiencing anxiety

Register now:
519 742 0500

QUALIA COUNSELLING SERVICES
430 THE BOARDWALK MEDICAL CENTRE 1

Calendar of Events

Thursday, December 16

Turn Around Date for Careers/Civics

2:00pm: Parent/Student/Teacher Conferences

Friday, December 17

Last day of classes

Sunday, December 19

Fourth Sunday of Advent

Monday, December 20

Christmas Break

Friday, December 24

Christmas Eve

Saturday, December 25

Christmas Day

Friday, December 31

New Year's Eve

Saturday, January 1

New Year's Day

Monday, January 3

10:30am: Literature Club

10:30am: Coding Club

1:45pm: Debate Club

1:45pm: Homework club

Tuesday, January 4

10:30am: Chess Club

10:30am: Finance Club

Wednesday, January 5

BENN Newsletter release

10:30am: Literature Club

10:30am: Coding Club

1:45pm: Racing Saints E-car club

1:45pm: Homework club

2:30pm: Sr. Girls Ice Hockey vs St. Mary's HS

3:00pm: Sr. Girls Volleyball vs Woodland CHS

3:00pm: Jr. Girls Volleyball vs Woodland CHS

3:30pm: Sr. Boys Basketball @ Woodland CHS

5:00pm: Jr. Boys Basketball @ Woodland CHS

Thursday, January 6

Feast of the Epiphany

10:30am: GSA Club

10:30am: Chess Club

1:45pm: Robotics Team

1:45pm: Math Club

1:45pm: Games Club

2:30pm: Sr. Boys Ice Hockey vs St. Mary's HS

Friday, January 7

10:30am: Star Trek Club

1:45pm: Doctor Who Club

3:00pm: Jr. Girls Volleyball vs St. David CSS

3:00pm: Sr. Girls Volleyball vs St. David CSS

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

The BENN Newsletter

[Past Issues](#) | [Unsubscribe](#) | [Manage subscription](#)

**St. Benedict Catholic Secondary School**

50 Saginaw Parkway, Cambridge, ON N1R 5W1

Telephone: (519) 621-4050

FAX: (519) 621-4057

Attendance: (519) 621-4001

MailPoet