



Wednesday, December 14, 2022 – Volume 15, Issue 9

Message from Administration

As we count down the final days of classes before the Christmas break, we continue to remain focused on achieving success. January and final assessments will come quickly once we return from the break. This is the time to check in with your student around due dates and assessments. Reach out to classroom teachers if you have any questions.

The holiday season is a joyous time and can be a stressful one as well, I would like to remind you that we have lots of wonderful supports at the school. We have many caring adults – Teachers, Guidance Counselors, the Student Success Team, EAs, main office staff, Youth Care and Social workers, and Administration. If you need something, reach out – we are here to help!!

As we prepare for His birth during Advent, rejoice and embrace the blessings of the season. Merry Christmas!

Admin Team

Mrs. M. Ingoldsby
Principal
A-BI

Mr. J. Figueiredo
Vice Principal
Bo-G, International

Mr. R. Stehlik
Vice Principal
H-O

Mr. R. Roque
Vice Principal
P-Z

COVID Test Kits Available

Any students/families interested in picking up free COVID test kits, they are available inside the main office. Please help yourself.





Stay Connected with St. Benedict's!

Twitter

[@StBenedictCSS](#)

Instagram

[@bennies_sac_updates](#)



2022-2023

School Year Bell Times

7:55 Warning Bell

8:00 - 9:15 Period 1

9:20 - 10:35 Period 2

10:40 Lunch

11:20 Warning Bell

11:25 - 12:40 Period 3

12:45 - 2:00 Period 4

Community Supports

Christmas is a time for family and a time of joy and celebration. It can also be stressful. Here are some community resources that can help.

The Community Outreach Program can help link families with supports and resources, such as Financial/Food Supports, Grief and Coping over the holidays, and subsidies for Children's Recreation Programs. For more information call (519) 742-8327 ext. 240 or email info@familyoutreach.ca
<https://www.houseoffriendship.org/how-we-help/family-neighbourhood-supports/>

Mental Health:

1. HERE24/7 is a telephone service that can assist students and adults in need 1-844-437-3247 (always encourage people to Press the #1 option so that it can be answered by a live person).
2. Front Door is a walk-in Service for kids/parents with kids under 18 where they can speak to a counselor for free. They can be reached at 519-749-2932

Emergency sources of Food:

1. Cambridge Self Help Food Bank-drop by or call ahead of time (519) 622-6550. Families can access both food as well as gifts through their Christmas support program as well. They have locations in Hespeler and Preston
2. St Vincent DePaul – our local Catholic Churches each have a group of volunteers who can help deliver food to residents in their local neighborhood (you do not have to be Catholic)

Emergency Shelter:

1. Lutherwood Housing Centre-drop by @ 35 Dickson St Cambridge or call ahead of time (519) 623-9380. They are closed Christmas Day, Boxing Day and New Years Day. Otherwise, hours are 830am to 430pm

Violence:

1. Women and Children who are in need of safety, Women's Crisis Services 519-742-5894
2. Sexual Assault Support and Domestic Violence Treatment Centre 519 749 6994



The Catholic School Advisory Council is in need of Bingo volunteers, if you have had some experience working with the Cambridge Gaming Association or have interest in serving on council in this capacity, please email Melanie.Baker@wcdsb.ca.

How To Find Your Locker Info

*A reminder
winter
is
coming*

- Log into your Aspen Student Portal Account:

<https://wcdsb.myontarioedu.ca/aspen/logon.do>

- Click on “My Info” tab located at the top of the screen

Waterloo Catholic District School Board 2021-2022

Pages **My Info** Academics Groups Calendar Locker

My Record

My Details Options Reports Help

Current Schedule Cancel

Contacts Demographics Addresses Photo

Attendance

Notifications

First name		School > Name	St Benedict Catholic Secondary School
Middle name		Next School > Name	St Benedict Catholic Secondary School
Last name		Grade level	
Local ID		Locker	
ODN		Locker Combination Number	
School Email			
User Login			

Cancel

News from Guidance

Who is your Guidance Counsellor?

Counsellor's Name

Ext

Last names

Mrs. O'Toole	5190	A – Df
Ms. Arkell	5636	Do – Ke
Mr. Betik	5633	Kh – Pa
Ms. Varriano Lane	5635	Pe – Q, International students
Mrs. O'Neill	5634	R – Z

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>

Financing Post-Secondary: Scholarships, Bursaries, and OSAP

Got a 'rich uncle' with a bank full of cash waiting for you to cover your post-secondary costs? Well, I did not either. The reality is that post-secondary education is costly and takes planning, so we hope you've begun. Many students supplement their post-secondary savings through scholarships, bursaries, and loans. This article will get you pointed in the right direction to access the necessary resources for information.

Most scholarships for first year students are 'entrance' scholarships and are automatically awarded based on marks. Some awards, called bursaries, are based on financial need, but may also include other components such as volunteer service, leadership, or being associated with a service group, employer, or union. These are very individual, and you can search these out using the resources set out below.

The following sites are Canadian websites where you can register and search online for a variety of scholarships, bursaries, and contests to help fund post-secondary education.

- scholartree.ca
- scholarshipscanada.com
- schoolfinder.com
- disabilityawards.ca
- studentawards.com

The Scholarship Report is a service Guidance subscribes to at Bennies. It is a wonderful resource that you can use to search for scholarship opportunities by the month. It also provides a great deal of post-secondary information for all pathway opportunities. As the Scholarship Report is a proprietary service, access to it must be for the St. Benedict Community. In order, to view the report, go to the

Scholarship page on the website and hit the link to the report. You will need a **PASSWORD** that is for St. Benedict students only. The password can be obtained through guidance.

What can you do now?

- Determine your post-secondary costs including tuition, books, room and board, travel, etc.
- Check parents' places of employment/ your place of employment or service groups for scholarships or bursaries
- Check with the schools in which you are going to apply
- Check Bennies website, through the Students Services tab, AND the Guidance Google Classroom (code – MXMOHZX)
- Create a scholarship/bursary resume where you collect all of your accomplishments, achievements, involvements, and potential barriers overcome in chronological order; you should line up references from teachers, community members and coaches who can speak to your involvement and character
- Talk seriously, with your family about your plan to fund post-secondary which may include applying for OSAP

OSAP – The Ontario Student Assistance Program (OSAP) is a financial aid program that can help you pay for college or university. Applying, for OSAP is done individually and one may be eligible for grants (free money!) and/or loans. OSAP applications will open in April or May 2023 for the 2023–2024 school year. Check out the OSAP website [OSAP](#) for more information. In order to plan, you can use the [OSAP Estimator](#) tool for a quick guide to see if you eligible for loans or grants. This can be completed anytime.

Post-secondary education is an investment in yourself. Planning, as best as possible, will help reduce stress and strain, and is certainly more reliable than finding a 'rich uncle'.

Academics



**Waterloo Catholic
District School Board**
Quality, Inclusive, Faith Based Education

Small Group ♦ After School

TUTORING



- FREE!
- At St. Benedict CSS
- Students of all grade levels are welcome
- Get help in your current courses
- English, Math, Science and much more!

DROP IN

Mondays, Wednesdays & Thursdays

2:20 PM—3:20 PM

Rooms 206 & 207

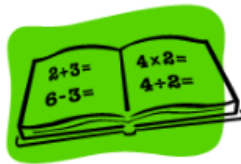
MATH CLUB



EVERY Thursday in ROOM 309

Grade 9, 10, 11, 12 students who want to:

- be able to answer those tough questions from class
- preview up-coming math contests
- prepare for tests, assignments or final exams
- have all your questions answered
- get ready for college or university



Meet with Dr. CHERNYSH
Thursdays after school
in room 309...
See you there!!!!

Athletics

Saints Swimmers

Savour Success

Last week the St. Benedict's swim team worked hard and showed tremendous dedication at their second Swim Meet, and the results are in!

Congratulations to the Bennies Swim Team for coming in second place overall, as well as the girl's division coming in second place and the boy's division coming in second place. Shout out to Hailey Murdoch for coming in second place for the female open division, and Saeed Rasheed for coming in first place in the boy's open division. Shout out to Jake Murray for coming in first place for the junior boy's division.

Jr Boys Basketball

Tournament Win

Congratulations to the junior boys basketball team on a stellar performance this weekend in Hamilton. The boys went 3-0, winning the Cathedral Invitational by three points in the championship game against St. Thomas More.

Congratulations to Lucas Lai for being named a tournament all-star and Ryder Galway for being named tournament MVP. The Saints return to home court this Wednesday! Come out and support.

Clubs

Social Justice Club seeks volunteers with a bug for baking!

Sports Results

JUNIOR BOYS BASKETBALL

Monsignor Doyle CSS 68, St. Benedict CSS 38
St. Benedict CSS 74, St. David CSS 31
St. Mary's HS 55, St. Benedict CSS 50

SENIOR BOYS BASKETBALL

St. Benedict CSS 61, Monsignor Doyle CSS 53
St. Benedict CSS 66, St. David CSS 57
St. Benedict CSS 55, St. Mary's HS 50

JUNIOR GIRLS VOLLEYBALL

St. Mary's HS 3, St. Benedict CSS 0

SENIOR GIRLS VOLLEYBALL

St. Benedict CSS 3, Woodland Christian HS 0
St. Benedict CSS 3, St. Mary's HS 1

BOYS HOCKEY

Monsignor Doyle CSS 7, St. Benedict CSS 0
St. Mary's HS 7, St. Benedict CSS 2

GIRLS HOCKEY

Monsignor Doyle CSS 7, St. Benedict CSS 2
St. David CSS 11, St. Benedict CSS 1

Check out the calendar on the bottom of the newsletter and on the school website for up-to-date information about game times for all your St. Benedict teams!

Need volunteer hours?
We're looking for
volunteers to help with the:

Christmas Spirit Week Bake Sale

Baking after school:
Friday December 16 approx. 2-6pm

Bake sale:
Tuesday December 20 @ lunch

Volunteer Times

Baking:

Friday December 16
After school (approx. 2-6pm)
Can come for a shift or the full time

Event Set-Up

Tuesday December 16
During period 2 (10:20-10:40am)

During Event

Tuesday December 16
Shift 1: 10:40-11:00am
Shift 2: 11:00-11:20am
Can stay for one or both shifts

Event Clean-Up

Tuesday December 16
During period 3 (11:20-11:40am)

E-CAR RACING SAINTS

Meetings in the Annex. Wednesdays and Thursdays
at 2:00pm

<https://uwaterloo.ca/electric-vehicle-challenge/>

Student Activities

Saints! Are you ready to show your Christmas spirit once again this year?

DECEMBER 21 IS THE LAST DAY!

Student Senate is once again running a Christmas Cheer Drive competition! This cheer drive is to help the less fortunate within our community, our proceeds will be going to Cambridge Shelters. Please donate winter items, such as hats and mitts, and hygiene products or donate on school cash online on December 1 to 21. The school that brings in the most items wins bragging rights and a mystery Christmas prize for the whole school. Every item donated counts as one point for our school. Let's show that Bennies has the most spirit!



The donation competition is on from now until December 21st. This initiative is not just unique to St. Benedict, it is a WCDSB board-wide drive. So, let's generate some holiday cheer this holiday season by donating to the Christmas Cheer Drive!!!

Other News

News from the Library



From the Librarian's Desk

Get into the Christmas Spirit with crafts in the Learning Commons!

The 5 Days of Craft-Mas!! Monday, December 19th to Friday, December 23

For Christmas week, beginning join us in the Library Learning Commons during school lunch hour or after school, for some festive craft-making. Free with all materials supplied!

MONDAY: DIY Gift Tags

TUESDAY: Mini-Book Ornament

WEDNESDAY: DIY Bulb Ornament

THURSDAY: Ribbon Tree Ornament

FRIDAY: DIY Wrapping Paper

Clemens Mill library staff wish the staff and students of St. Bennies a very Merry Christmas, many blessings for the New Year and a restful winter break!

Calendar of Events

Wednesday, December 14

3:00pm: Sr. Girls Volleyball @ St. David CSS
3:00pm: Sr. Boys Basketball vs St. David CSS
3:00pm: Jr. Girls Volleyball @ St. David CSS
4:30pm: Jr. Boys Basketball vs St. David CSS

Thursday, December 15

10:45am: Writing Skills Society
10:45am: GSA Club
10:45am: MCU Movies club
2:00pm: Weight Room Club
2:15pm: E-car Racing Saints
2:15pm: Games Club
2:15pm: BoulderDash Club
2:15pm: Student Equity and Engagement Council
3:00pm: Novice Girls Volleyball vs Monsignor Doyle CSS
4:30pm: Novice Girls Volleyball vs St. David CSS

Friday, December 16

10:45am: Star Trek Club
2:00pm: Weight Room Club
2:15pm: Doctor Who Club

Monday, December 19

Christmas Week
10:45am: Social Justice Council Bake Sale
10:45am: Lights Out! Club
10:45am: Coding Club
10:45am: EcoClub
1:00pm: Girls Hockey vs St. Mary's HS
2:00pm: Weight Room Club
3:00pm: Jr. Girls Volleyball vs ES Père-René-de-Galinée
3:00pm: Jr. Boys Basketball @ ES Père-René-de-Galinée
3:00pm: Sr. Girls Volleyball vs ES Père-René-de-Galinée
4:30pm: Sr. Boys Basketball @ ES Père-René-de-Galinée

Thursday, December 22

10:45am: Writing Skills Society
10:45am: GSA Club
10:45am: MCU Movies club
2:00pm: Weight Room Club
2:15pm: E-car Racing Saints
2:15pm: Games Club
2:15pm: BoulderDash Club
2:15pm: Student Equity & Engagement Council
3:00pm: Novice Girls Volleyball vs Msgr Doyle CSS
4:30pm: Novice Girls Volleyball vs St. Mary's HS

Friday, December 23

Christmas Assembly
10:45am: Star Trek Club
2:00pm: Weight Room Club
2:15pm: Doctor Who Club

Saturday, December 24

Christmas Eve

Sunday, December 25

Christmas Day

Saturday, December 31

New Year's Eve

Sunday, January 1

New Year's Day

Monday, January 2

Student Trustee Applications Available
10:45am: Lights Out! Club
10:45am: Coding Club
10:45am: EcoClub
2:00pm: Weight Room Club
3:00pm: Jr. Boys Basketball vs Rockway MC
4:30pm: Sr. Boys Basketball vs Rockway MC

Tuesday, January 10

Tuesday, December 20

10:45am: Model UN

10:45am: GSA Club

10:45am: MCU Movies club

2:00pm: Boys Hockey vs St. Mary's HS

2:00pm: Weight Room Club

Wednesday, December 21

Civvies Day

10:45am: Christmas Ornament Making in the Cafe

10:45am: Writing Skills Society

10:45am: Coding Club

11:15am: Swimming D8 Championship Meet

2:00pm: Weight Room Club

2:15pm: E-car Racing Saints

2:15pm: Graphic Novels Club

3:00pm: Sr. Girls Volleyball @ ES Père-René-de-Galinée

3:00pm: Jr. Girls Volleyball @ ES Père-René-de-Galinée

3:00pm: Sr. Boys Basketball vs Resurrection CSS

4:30pm: Jr. Boys Basketball vs Resurrection CSS

Tuesday, January 10

10:45am: Model UN

10:45am: GSA Club

10:45am: MCU Movies club

2:00pm: Weight Room Club

2:30pm: Boys Hockey @ Resurrection CSS

Wednesday, January 11

BENN Newsletter Release

10:45am: Writing Skills Society

10:45am: Coding Club

2:00pm: Weight Room Club

2:15pm: E-car Racing Saints

2:15pm: Graphic Novels Club

2:30pm: Girls Hockey @ Resurrection CSS

3:00pm: Jr. Girls Volleyball @ Msgr Doyle CSS

3:00pm: Jr. Boys Basketball vs Msgr Doyle CSS

3:00pm: Sr. Girls Volleyball @ Msgr Doyle CSS

4:30pm: Sr. Boys Basketball vs Msgr Doyle CSS

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

The BENN Newsletter

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