



Wednesday, March 8, 2023 – Volume 15, Issue 14

We hope you all have a  
safe and restful March  
Break next week!

Looking for a quick way to  
navigate all things WCDSB for  
parents?

Check out the Board website for information and information  
pertaining to Aspen Portal, Brightspace, School Cash Online,  
Transportation updates, and other resources:

<https://www.wcdsb.ca/parents/>

## 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

## Grad and Prom Information

Dear grade 12 students and guardians,

The purpose of this communication is to provide some clarity regarding prom. Like last year, a group of students and parent volunteers are organizing a Prom for St. Benedict students. This is consistent with the practice of many of our local schools for the past several years. To ensure that all students in grade 12 have access to the information and the opportunity to attend the event, we are working with the organizers to provide further details on the event that is being planned. Please [click on this link](#) to access information about Prom 2023.

The school will provide further details about the graduation liturgy, breakfast, and convocation ceremony at a later date.

## Saints Spring Food Drive

Bennies will be conducting a spring food drive to support the important work of The Cambridge Self-Help Food Bank. The food drive will take place from Wednesday, March 22 – Thursday April 6. The Food Bank is short of breakfast items and so the focus of our food drive will be breakfast cereal. Students are encouraged to bring in cereal items on more than one day. We know our current economic times are putting pressure on many people. We invite to as generous as you have been in the past. Together we can care for and support members of our Cambridge community.



## Ontario Secondary School Literacy Test information

The administration of the Spring Session of The Ontario Secondary School Literacy Test will be held on April 19th. All resources for the testing can be found on our website under Student Services, Literacy Test Preparation. There will also be support during Lunch beginning Wednesday, March 1st and every Wednesday to follow before the testing. We will also have tutoring available after school Mondays – Thursdays that will also support the Literacy Test. If you have any questions or concerns, please feel free to reach out to Andreia Borba at [andreia.borba@wcdsb.ca](mailto:andreia.borba@wcdsb.ca).

# Positive Parent-Teacher communication

As always, parents/guardians are valuable partners in a 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, all public and interpersonal communications must recognize the dignity of the individual and be conducted fairly, honestly, and respectfully.

When a parent, guardian or other board stakeholder has a concern or suggestion, it is expected that the matter will first be taken up with the staff member. The process outlined below should 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.

## 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



Stay  
Connected  
with  
St. Benedict's!

Twitter

[@StBenedictCSS](https://twitter.com/StBenedictCSS)

Instagram

[@bennies\\_sac\\_updates](https://www.instagram.com/bennies_sac_updates)

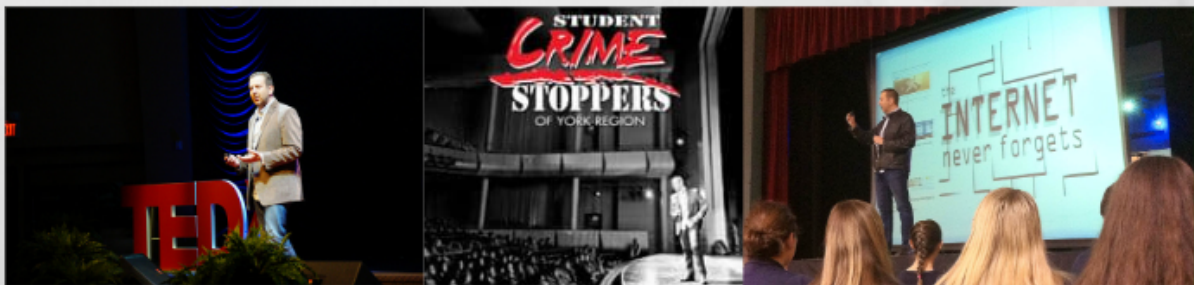


**SOCIAL MEDIA  
AND ONLINE SAFETY  
AN EVENING FOR  
PARENTS WITH  
PAUL DAVIS  
ST. BENEDICTS  
HIGH SCHOOL  
MAY 4, 2023  
6:00 PM**

TOPICS INCLUDE:

SNAPCHAT / TIKTOK / INSTAGRAM / DISCORD  
SMARTPHONES AND DIGITAL TRAILS  
CYBERBULLYING / SEXTORTION  
PRIVACY & ONLINE SECURITY

**EMPOWERING  
PARENTS IN THE DIGITAL AGE**





## News from Guidance

Summer Elearning through St. Louis

Registration for Summer School Elearning courses is now available through the Waterloo Catholic District School board's St. Louis Adult Learning & Continuing Education Centre. Please visit their website <https://stlouis.wcdsb.ca/summer-programs/summer-credit/> for a list of courses and how to register. Registration begins end of February 2022.

Students wishing to take a required course in summer school should include the required course in their myBlueprint planner and the SUMMER placeholder code. They should also include an alternate course. Once registration has been confirmed the Guidance Counsellor will update the planner.

### Community Service Hours – for 2023 Graduates

It is a requirement of graduation that each student complete 40 hours of community service. There are many opportunities to fulfill this requirement. Potential graduates should submit their hours to the Guidance office as soon as possible, so it can be recorded for graduation.

The WCDSB Community Involvement Activity Record can be found here –

<https://lf.wcdsb.ca/Forms/APO015-01F>

### Who is your Guidance Counsellor?

Counsellor's Name	Ext	Last names
Mrs. O'Toole	5190	A – DI
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](https://www.scholartree.ca)
- [scholarshipscanada.com](https://www.scholarshipscanada.com)
- [schoolfinder.com](https://www.schoolfinder.com)
- [disabilityawards.ca](https://www.disabilityawards.ca)
- [studentawards.com](https://www.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](https://www.osap.ca) 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

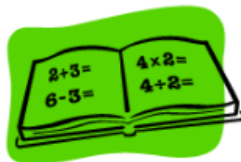
# MATH CLUB



**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!!!!

## Coming Math Contests

On Tuesday, April 4, 2023, the Gr. 11 and 12 students will be taking part in the University of Waterloo Euclid Math Contest. Cost per participant – \$18. Please, register through SchoolCashOnline. This event is open to Gr.11 and 12 students!

The deadline for the registration is Thursday, March 9. Don't miss it!

On Wednesday, April 5, 2023, the Gr. 9, 10 and 11 students will be taking part in the University of Waterloo Fryer, Galois and Hypatia Math Contests. Cost per participant – \$12. Please, register through SchoolCashOnline. This event is open to all students!

The deadline for the registration is Thursday, March 9. Don't miss it!

## Athletics

### Saints Swimmer at OFSAA

Please congratulate Hailey Murdoch on an outstanding performance at OFSAA last week. Hailey raced the 100 meter backstroke and the 200 meter I.M, and made it to the B Finals for both events. In the B Finals she came in second place in her 100 meter backstroke, and fifth place in her 200 meter I.M.

She was also the highest ranking grade 9 for her 200 meter I.M.

Hailey demonstrated tremendous hard work and dedication throughout the season, and OFSAA was no exception. Great work Hailey!

### Sports Results

We are between seasons... watch for spring sport start-up soon!

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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!

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## Clubs

### Bennie's Brain Bee club

Are you interested in learning about the brain? Join Bennies Brain Bee club and meet weekly to prepare for the University of Waterloo's Brain Bree Neuroscience competition! Our first meeting will be Thursday, March 9th at the start of lunch in room A2 in the Annex.



Racing Saints E-Car Club  
St. Benedict CSS  
racing\_saints  

**MEET IN ANNEX 4 EVERY WEDNESDAY  
AND THURSDAY**

- Auto CAD Inventor/ Design
- Mechanical Engineering
- Electrical
- Marketing



WHERE MANUFACTURING MEETS  
DESIGN MEETS BUSINESS



**NEXT RACE IS  
APRIL!  
NEW CAR IN  
THE WORKS**

**Student Activities**



OUR LAST ...

**SPIRIT  
WEAR  
STORE** IS OPEN!

**ORDER  
DEADLINE:  
MARCH 10TH**  
FIND THE CODE ON THE WEBSITE OR  
IN THE LINKTREE

## Other News

### News from the Library



With March Break next week, Idea Exchange will be offering the following TEEN programs:

#### CORE CLIMBING DAY

An afternoon of indoor climbing for teens!

The Core team leads you through basic instruction, followed by some games and drills to get you moving and making friends. The day will include refreshments and a photo booth.

Registration begins on Wednesday, March 1 at 10:00 am.

#### IDEA EXCHANGE SHAKESPEAREAN PLAYERS

Calling all theatre teens.

Read aloud sections from **Twelfth Night** during this evening play-reading with pizza. All the fun of Shakespeare without the memorizing and rehearsing!

Registration begins on Wednesday, March 1 at 10:00 am.

#### TEEN NERF NIGHT

Friday, March 17, 2023 6:00 PM to 8:00 PM

QUEENS SQUARE

Registration required. Free.

#### MUSIC AND SOUND: ONLINE CREATION CHALLENGE

Between March 1 and March 31, 2023, complete music and sound challenges for a chance to win a gift card.

No instruments or fancy tech required.

For this program you will need access to a device with audio, a laptop or desktop computer will work best. Computers are available for use at all Idea Exchange locations with a valid membership.

You will complete challenges at your own pace. For each challenge you complete, your name will be entered into a draw for a \$50 Happy Teen gift card.

# FREE Community Tutoring in Cambridge

## Monday

Preston Heights - 4:30 to 6:30 PM  
2nd Floor - 350 Linden Dr, Cambridge

Christopher Champlain Resource Centre  
(Kinbridge) - 4:30 to 6:00 PM  
8-125 Champlain Boulevard, Cambridge



**FREE Bus  
Tickets**

## Tuesday

Greenway Chaplin Community Centre  
6:00 to 8:00 PM  
116 Rouse Avenue, Cambridge

## Wednesday

Kinbridge Community Association  
3:00 to 4:30 PM  
200 Christopher Dr, Cambridge

## Thursday

Southwood Resource Centre (Kinbridge)  
5:30 to 7:30 PM  
1-241 Southwood Dr, Cambridge

## Online

Every Monday, Tuesday and Thursday  
from 5:30 - 7:30 PM on Google Meet.  
Link: [meet.google.com/mtz-puuy-ixg](https://meet.google.com/mtz-puuy-ixg)

**FREE Snacks and  
Refreshments**



**For more information contact Chad MackIntosh**  
**Email: [chadm@kinbridge.ca](mailto:chadm@kinbridge.ca)**  
**Text or Call: (519) 496-1405**

Tutoring Offered By Cambridge Neighbourhood Organizations

• SILVERHEIGHTS  
NEIGHBOURHOOD  
ASSOCIATION



Alison Neighbourhood  
community centre

Langs  
Community Health Wellness



Greenway-Chaplin  
Community Centre

PRESTON HEIGHTS  
NEIGHBOURHOOD GROUP

Kinbridge  
COMMUNITY ASSOCIATION

Pathways  
to Education

Hespeler Village  
Neighbourhood Association

CARIZON  
Inspiring Hope and Wellness in Our Community



**NEW** ←  
**GET UP TO \$1,000**

**Students in grades 5 to 12!**  
**Do you like solving problems?**

Use your talents to create a solution to a problem that affects you, your family, your friends, the world!

Our goal is to say **YES** to all ideas.

Get started at: [youthcreativityfund.ca](http://youthcreativityfund.ca)



### Apply your creativity towards solving a problem

**You can try to change the world or fix a small problem in your life. We're here to help.**

#### Ask for some funds

\* You pick the problem and then you apply for free funds (\$500 - \$1,000) to creatively put a plan in place to help solve the problem.

#### The deadline is the last day of every month.

We'll meet with you to ask a few questions. If you're ready, we'll send your application to the Program Committee for approval.

#### Ready. Set. Action!

Now's the big moment to try out your idea and celebrate success or embrace failure. Then figure out how to improve and try again.

#### Tell us how you did

After 3 months, we ask you to get back to us, tell us what you did, and what you learned so far.

Get started at:  
[youthcreativityfund.ca](http://youthcreativityfund.ca)

Local charity BEP Waterloo Region (bepwr.ca) runs YCF.

### HEY PARENTS & CAREGIVERS!

**Help develop a culture of creativity in Waterloo Region's youth**

We do that by investing in building the creative confidence of our young people. We all benefit when our youth thrive. They are the talent we need to thrive as a community.

**Invest in our youth now at:**  
[youthcreativityfund.ca](http://youthcreativityfund.ca)



## Calendar of Events

**Thursday, March 9**

**9:30am:** SHSM Workshop: Negotiation Training

**10:45am:** Brain Bee Club

**10:45am:** HOSA Club

**10:45am:** Seams Sew Easy

**10:45am:** Chess Club

**10:45am:** Writing Skills Society

**10:45am:** GSA Club

**10:45am:** MCU Movies club

**2:00pm:** Concert Band

**2:00pm:** Math Club

**2:00pm:** E-car Racing Saints

**2:00pm:** Weight Room Club

**2:15pm:** Games Club

**2:15pm:** BoulderDash Club

**2:15pm:** Student Equity and Engagement Council

**Friday, March 10**

**10:45am:** Star Trek Club

**2:00pm:** Weight Room Club

**2:15pm:** Doctor Who Club

**Monday, March 13**

March Break

**Friday, March 17**

St. Patrick's Day

**Monday, March 20**

Spring Equinox

**10:45am:** Lights Out! Club

**10:45am:** Coding Club

**10:45am:** EcoClub

**2:00pm:** Weight Room Club

**Tuesday, March 21**

**10:45am:** Model UN

**10:45am:** GSA Club

**10:45am:** MCU Movies club

**2:00pm:** Weight Room Club

**Wednesday, March 22**

BENN Newsletter Release

**10:45am:** Guitar Club

**10:45am:** Writing Skills Society

**10:45am:** Coding Club

**2:00pm:** E-car Racing Saints

**2:00pm:** Weight Room Club

**2:15pm:** Graphic Novels Club

**3:30pm:** SHSM Workshop: Behaviour Management

**Thursday, March 23**

**9:30am:** SHSM Workshop: Plant-Based Eating for Disease Prevention

**10:45am:** Brain Bee Club

**10:45am:** HOSA Club

**10:45am:** Seams Sew Easy

**10:45am:** Chess Club

**10:45am:** Writing Skills Society

**10:45am:** GSA Club

**10:45am:** MCU Movies club

**2:00pm:** Concert Band

**2:00pm:** Math Club

**2:00pm:** E-car Racing Saints

**2:00pm:** Weight Room Club

**2:15pm:** Games Club

**2:15pm:** BoulderDash Club

**2:15pm:** Student Equity and Engagement Council

**Friday, March 24**

**10:45am:** Star Trek Club

**2:00pm:** Weight Room Club

**2:15pm:** Doctor Who Club

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

**The BENN Newsletter**

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