



Wednesday, May 3, 2023 - Volume 15, Issue 18

Message from Administration

This year's Catholic Education Week theme is "*We are Many, We are One.*"

This week we have a variety of celebrations, a school wide mass, Beacons of Hope celebration, the installation of our LEAD campaign, and our School Council guest speaker on Thursday evening (more information in the newsletter).

Thank you as we continue to celebrate a school system, which celebrates and defines itself on faith and mercy and embraces the messages of the Gospel values. Thank you for your on-going support of our school community.

Admin Team

Mrs. M. Ingoldsby
Principal
A-BI

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

Mrs. C. Kamta
Vice Principal
H-N

Mr. R. Roque
Vice Principal
O-Z

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/>



A friendly reminder

Please remember to leave accessible parking spaces available for those who need it.



Midterm report cards

Midterm report cards and next year's course selection sheets will be distributed to students in their homeroom tomorrow, May 4th. Hybrid and E-Learn students will receive these documents via mail the following week.

If you do not receive these documents, please contact the main office at 519-621-4050 X 5601.

WCDSB L.E.A.D. Campaign

Today we installed a few new pieces of art in our front atrium! Earlier in the school year several students from our student equity engagement groups took part in a photo campaign to help educate students on the effects of racism. The WCDSB's L.E.A.D. Campaign was initiated to address racism and to remind students that they have the power to become anti-racist. The L stands for "listen", the

E for “empathize, the A for “address”, and D for “do something”. Being an inclusive community calls us to honour all our unique identities but recognize that we are one, in God.

We would like to express sincere thanks to our empowering students; Matthew, Fatima, and Naiya for standing up to be part of this initiative. This wonderful display represents the diversity of St. Benedict C.S.S. and affirms our commitment to being an inclusive community that cares.



Guest speaker: Engage, Educate, Empower

One of our top priorities is to ensure that our diverse community feels safe and welcomed in our building. All of our students deserve to learn in an equitable environment where they feel a strong sense of belonging as a Saint. On April 20th, we had the honour of welcoming Vicki Olatundun to speak to our students. She is a dynamic, passionate, and engaging motivational speaker who is invested in inspiring students to be kind to one another. She gave students time to reflect as well as encouraged them to make positive impacts on lives in our community.

Vicki’s main message revolved around engaging, educating, and empowering others. Together, we can all live and learn in a space we are proud of and where we can be authentic. A space where we are kind to one another. A space where we feel safe, heard, and seen. A space where we feel valued and can see value in others. We know you will remember her powerful message and provide equity and support for all. Thank you for your active participation and engagement during the presentation.

*Vicki’s main message
revolved around engaging,
educating, and empowering
others*



Community Feedback Sought

Multi-Year Strategic Plan

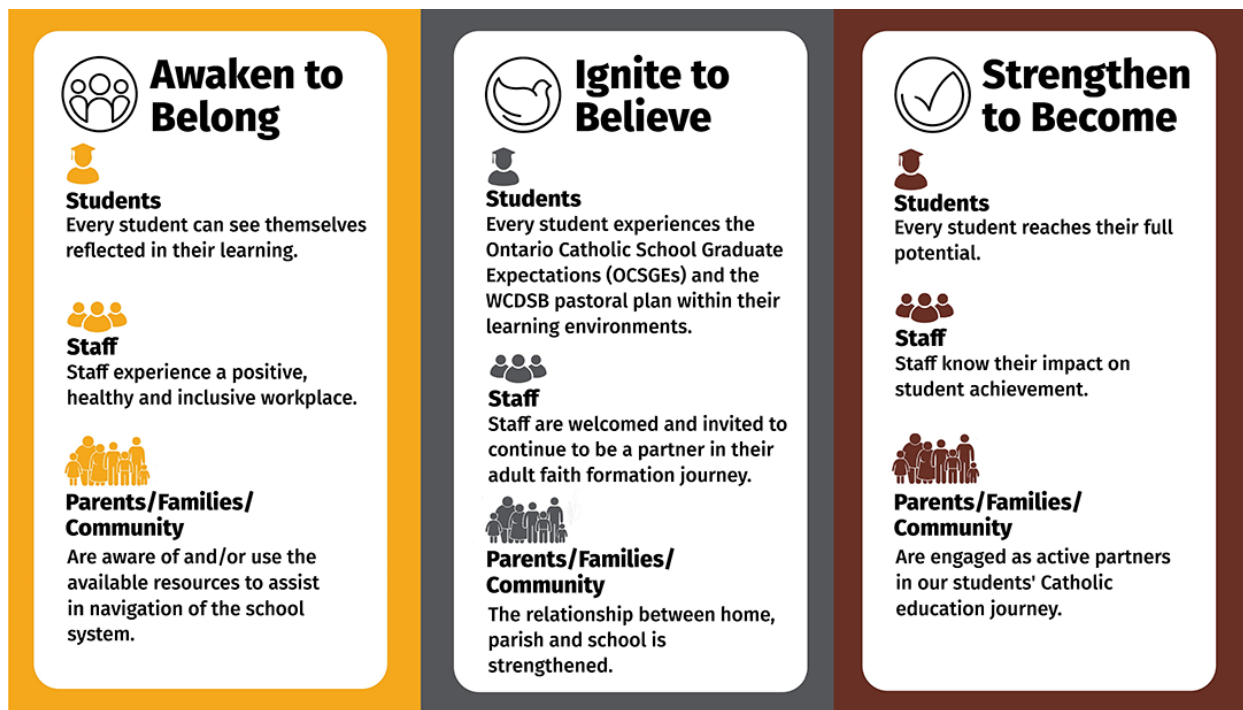
The Waterloo Catholic District School Board prides itself on being the Heart of the Community, providing Success for Each and A Place for All. With this Vision, we have developed our new [WCDSB Multi-Year Strategic Plan \(2022-2025\)](#) (MYSP). This short [video](#) from Director Tyrone Dowling summarizes the process, content and goals for our new Strategic Plan. This plan was approved by the Board of Trustees in December 2022.

At this time, we are gathering feedback to assist with our ongoing monitoring of the implementation of the current MYSP. We are inviting all staff, parents/guardians, and community members to provide feedback on our new MYSP plan (one per family/staff). Your input is valued and appreciated. The survey will take less than 8 minutes to complete and will be available until May 23rd @ 8am.

Survey link: https://wcdsb.qualtrics.com/jfe/form/SV_didAwydaettroFw

Participation in this survey is anonymous and voluntary. You will not be asked to provide your name, contact information, or any information that can identify you. As well, no identifying information (e.g., email address, IP address) will be automatically collected through the online tool.

If you have any questions about this collection or need assistance completing it, please contact the Research Department at research@wcdsb.ca



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.

Grad Fee deadline Friday

Attention graduating class of 2023! **The deadline for paying convocation fees is Friday, April 21!** Fees can be paid via School Cash Online and cover the cost of your cap, gown, grad breakfast and more! Be sure to get that in ASAP. Let's make Convocation 2023 the best celebration ever!

[See the Convocation information slideshow here.](#)

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)



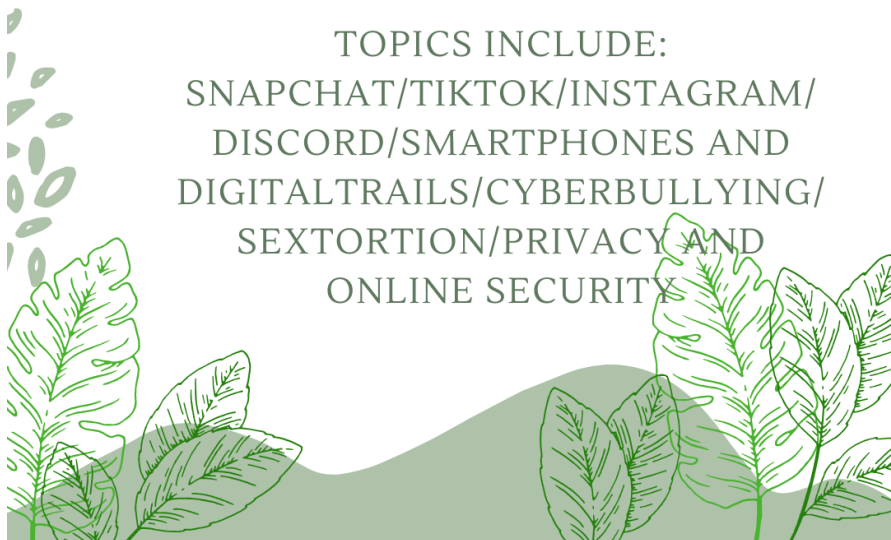


**Social Media
and Online Safety
An Evening for Parents with
Paul Davis**

**S T . B E N E D I C T S
H I G H S C H O O L
M A Y 4 , 2 0 2 3**

5:30 pm -Liturgy and
Refreshments
6:00 pm Parent Presentation
CSAC Meeting to follow

TOPICS INCLUDE:
SNAPCHAT/TIKTOK/INSTAGRAM/
DISCORD/SMARTPHONES AND
DIGITALTRAILS/CYBERBULLYING/
SEXTORTION/PRIVACY AND
ONLINE SECURITY



News from Guidance

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
- 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](https://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

ST. BENEDICT CSS

HOMWORK CLUB

ENGLISH
MATH
SCIENCE



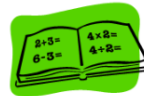
MATH CLUB



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!!!!

Saints Garage Spring Tech Tip!

Most drivers have already swapped their winter tires for summer ones, or will very soon. Did you know there's another step to the process that lots of people forget – taking the vehicle back later to get the wheels re-torqued.

Although it's rare for a wheel to fall off, if it does, it can cause major damage and be extremely dangerous. It is important to have your wheels re-torqued after approximately 50–100kms, and even more important on softer aluminum rims where lug nuts can loosen off more easily.



“Ultimately, drivers have a responsibility to make sure their vehicles are safe. If they aren’t careful and a wheel comes off, the consequences could be tragic. When you lose a wheel at highway speed, it’s a cannonball. It’s dangerous for you and potentially deadly for someone else.”

– Andrew Davidson, Road safety manager at the MTO

Luckily, the process is quick. But if you aren’t sure how to do this yourself, please connect with your local garage or Transportation Tech teacher.

Athletics

Powerlifters Medal at Meet

Recently a group of eight athletes travelled to Resurrection for a Push/Pull Powerlifting Competition. What a day! Highlights include:

- Each of our 8 athletes bringing home a medal for finishing in the Top 3 of their weight/age category.
- Brayden Ryan setting a National record for bench press in his weight and age category.
- Alex Pauletic deadlifitng over 500 lbs.

Congratulations to our lifters: Kaleb Cheeke
Nathan Dalle Vedove, Matthew Kapuscinski,
Jayden Kongdara, Alex Pauletic, Jake Murray,
Brayden Ryan (Ratford), Tristan Sobolewski



Clubs

Student Activities

Sports Results

VARSITY GIRLS SOCCER

Monsignor Doyle CSS 7, St. Benedict CSS 0

SENIOR BOYS SOCCER

St. Benedict CSS 7, Monsignor Doyle CSS 0

St. Benedict CSS 7, St. David CSS 0

[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!](#)

Badminton Saints

Congratulations to Arham Sazid and Alvin Siju for winning silver medals at the Junior CWOSSA Badminton meet. The doubles pair rhymed off 6 straight victories before losing a 3-set thriller by only 2 points in the gold medal match.

The boys played great all season and Coaches Mathé and Reis are so proud of your effort and Saints spirit all season long.

May is SPIRIT MONTH!

Door Decorating

Does your class want to win a contest? From May 15 to 19, period two classes can participate in a door decorating contest! Only 15 classes can participate in the contest so teachers sign your class up today ...

Movie Night

What are you doing Thursday May 18? We're having an indoor movie night after school watching HIGH SCHOOL MUSICAL to commemorate a great school year! Tickets will cost 2 dollars with proceeds going to The Cambridge Humane Society.

Civvies Day

Civvies day is coming up on May 31st! Donate on SCO or bring in money to participate - this month's donations are in support of Relay 4 Life. There are some fun things to look forward to on the day! Civvies day will be TWIN DAY!! find a partner or group of friends to coordinate a matching outfit to wear on civvies! Also, at lunch there is a kahoot game happening in the cafe and the top three winners get a PRIZE!

More events to come ... listen for announcements!

Other News

News from the Library

From the librarian's desk

Welcome Spring!

A gentle reminder to all students that NO FOOD is allowed in the Library Learning Commons during school hours.

Meeting Rooms: To book one of the meeting rooms, students need a valid Idea Exchange library card. Please remember to return to the membership desk at the end of your booking to pick up your library

Neon Night Dance

Hey Saints!

Our third and final dance of the year is Neon Night. It will take place on Thursday, May 4th from 6 to 9 pm and doors close at 7:30. Tickets are available on School Cash Online.



card!

Resource Spotlight

Need a book for your ISU?

Be sure to check out the booklists on the school library website, [Bennies Bookshelf](#).

The Idea Exchange website offers many different booklists through the new catalogue, [BiblioCommons](#).

You can also find eBooks and audiobooks through [downloadLibrary](#).

Featured Idea Exchange Programs

Note: The following events are hosted by Idea Exchange and are not affiliated with St. Benedict or the WCDSB. Please visit ideaexchange.org to register.



Hey, teen chess enthusiasts and beginners! Want another chance to learn chess or practice your skills?

We are running a Chess Club, Tuesdays, 3:00PM to 4:00PM in the library!!

Drop-in.

Snacks, boards, and clocks will be provided.

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



**FREE Snacks and
Refreshments**



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

Tutoring Offered By Cambridge Neighbourhood Organizations

• SILVERHEIGHTS
NEIGHBOURHOOD
ASSOCIATION



Langs
Community Health Wellness



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



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

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



Calendar of Events

Monday, April 1

Catholic Education Week

Thursday, May 4

Midterm Report Distribution

8:30am: Beacon's of Hope Celebration

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

6:00pm: Neon Night Dance

6:00pm: Catholic School Advisory Council Meeting

Friday, May 5

10:45am: Star Trek Club

2:00pm: Weight Room Club

2:15pm: Doctor Who Club

Monday, May 8

10:45am: Lights Out! Club

10:45am: Coding Club

10:45am: EcoClub

2:00pm: Weight Room Club

Tuesday, May 9

10:45am: Model UN

10:45am: GSA Club

10:45am: MCU Movies club

2:00pm: Weight Room Club

Friday, May 12

10:45am: Star Trek Club

2:00pm: Weight Room Club

2:15pm: Doctor Who Club

Monday, May 15

10:45am: Lights Out! Club

10:45am: Coding Club

10:45am: EcoClub

2:00pm: Weight Room Club

Tuesday, May 16

10:45am: Model UN

10:45am: GSA Club

10:45am: MCU Movies club

2:00pm: Weight Room Club

Wednesday, May 17

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

Thursday, May 18

Movie Night!

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

Wednesday, May 10

9:30am: SHSM Workshop: Working with individuals with a Disability

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

Thursday, May 11

9:30am: SHSM Workshop: Social-Media Networking

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

2:15pm: Student Equity and Engagement Council

Friday, May 19

10:45am: Star Trek Club

2:00pm: Weight Room Club

2:15pm: Doctor Who Club

Monday, May 22

Victoria Day

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

The BENN Newsletter

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