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Wednesday, June 28, 2023 – Volume 15, Issue 22



Message from Administration

Last night the St. Benedict community celebrated the graduating class of 2023. During the event, we got to witness students receive recognition through community awards, awards of honour, and subject awards. Nearly four hundred of our grads crossed the floor to receive their scrolls with much joy and enthusiasm. We want to extend our congratulations to the Graduates, their families and the staff who have tirelessly supported the students throughout their journey. Each and every day our students continue to achieve amazing accomplishments.

Many thanks to the Graduation committee for a wonderfully organized event. Congratulations graduates! God bless you all on your journeys, and remember that wherever you go, you will forever be a Saint!



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



**Stay
Connected
with
St. Benedict's!**

Twitter

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

Instagram

[@bennies_sac_updates](https://www.instagram.com/bennies_sac_updates)



Community Supports

Support Phone Numbers:

Here 24 Seven (Crisis Line): 1-844-437-3247

Kids Help Phone: 1-800-668-6868 OR Text CONNECT to 686868

Front Door: Access to Child and Youth Mental Health Services: 519-749-2932

Langs Youth Wellness Hub – counselling and recreation activities for teens

For more information on current programs and services call the Youth Wellness Hub Coordinator at 519-653-1470 x357.

For intake to Youth Mental Health services call 519-653-1470 x361.

Brief Walk In Counselling Supports

Walk-in Counselling is offered in on the following days at the following locations:

Porchlight (519) 621-5090 For Walk In's call Wednesday after 9 am. <https://fccnd.com/> Camino <https://www.caminowellbeing.ca/> (519) 743-6333, (519) 884-0000

Tuesdays, 12 – 6 p.m. 400 Queen St S Kitchener Thursdays, 2 – 6 p.m. 480 Charles St East Kitchener

Substance Use

Are you concerned about your teen's substance use but aren't sure how to share your concerns or what to do to help? Call Ray of Hope for more information (519) 743-2311. <http://youthaddictions.ca>

Looking for resources and services for your family? Family Outreach Workers can connect you to the support your family needs!

The Family Outreach Program is a neighbourhood-based program funded by the Region of Waterloo that works with families with children aged 17 and under to prevent and reduce the effects of poverty. Family Outreach Workers walk with families to help meet basic needs by problem-solving solutions together, connecting them with services in their community and providing direct support when necessary. <https://houseoffriendship.org/how-we-help/family-neighbourhood-supports/family-outreach-program/family-outreach-program-cambridge/>

Hespeler – Serving North Cambridge and Hespeler

Site locations: Hespeler Community (Grow) Contact: Samantha at samanthaa@houseoffriendship.org, 519-742-7327 x 250, or 519-498-7560 (cell)

Preston & Area – Serving Central Preston/Preston Heights, Langs/Industrial, Blair

Site locations: Preston Heights Community Group, Langs Hub Contact: Natanya at natanyaw@houseoffriendship.org, 519-742-8327 x 255, or 519-498-7813 (cell)

North Galt & Area – Serving North Galt/Elgin Park; Shades Mills

Site locations: Greenway Chaplin Community Centre, Fiddlesticks Community Centre Contact: Patti at pattim@houseoffriendship.org, 519-742-8327 x 252, or 519-498-7638 (cell)

South Cambridge – Serving Southwood/Southwest Galt, Galt City Centre/South Galt, South East Galt

Site locations: Kinbridge Southwood Site, Kinbridge Christopher Champlain Community Centre, Cambridge Early Years Centre, Cambridge Self-Help Food Bank, Alison Neighbourhood Association
Contact: Marjorie (for Kinbridge & Early Years) at marjoriek@houseoffriendship.org, 519-742-8327 x 251, or 519-498-7633 (cell) Contact: Eric (Cambridge Food Bank, Alison CC & Early Years) at ericba@houseoffriendship.org 519-742-8327 x 245, or 519-404-1478 (cell)

North Dumfries – Serving North Dumfries/Beverley and Ayr

Site locations: North Dumfries Community Health Centre, Family Counselling Centre of Cambridge & North Dumfries Contact: Patti at pattim@houseoffriendship.org, 519-742-8327 x 252, or 519-498-7638 (cell)

Grief/Loss

Hospice Waterloo Region provides support to teens and children who have experienced the death of a loved one. Irena at (519) 743-4114; <http://www.hospicewaterloo.ca>

The Coping Centre offers a peaceful place for support, understanding, compassion and encouragement in the uniqueness of one's grief journey. (519) 650-0852;
<http://www.copingcentre.com>

OK2BME

OK2BME offers a no cost, confidential counselling program in Waterloo Region for LGBTQ2+ individuals and couples aged 5-29. They also offer counselling at no cost to families with LGBTQ2+ children or youth under age 18. OK2BME also runs youth groups to LGBTQ+ identified children, teens and their families.

Individuals interested in supports can email intake@kwcounselling.com or call 519.884.0000 x222.

You can also complete an online intake form at <https://ok2bme.ca/services/intake/>

For more information on OK2BME please visit their website at <https://ok2bme.ca/> or contact them at 519-884-0000.

Location:

480 Charles Street East

Kitchener, ON N2G 4K5

Support Websites:

<http://here247.ca/> (crisis services)

<https://kidshelpphone.ca/> (24/7 online counselling service)

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

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

<https://www.frontdoormentalhealth.com/> (mental health services for children and youth)

WCDSB Mental Health and Wellbeing Page

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



Leaving Bennie's?

Still have a Chromebook?

If you are leaving our school due to graduation or transferring elsewhere, please return your Chromebook to the main office as soon as possible. Don't forget the charger!

Thank you for your cooperation!

Looking to unsubscribe from the BENN?

Follow the link at the bottom of the newsletter or [send an email to the Editor](#) and we will take care of that for you.

Final Report Card Distribution

Final reports will be placed in the mail the week of July 10th. Grade 12s will receive their transcripts in the same envelope.

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

Diploma Pick Up

Diploma pick up will be held on Wednesday, July 19th and Thursday, July 20th, between 8AM-2PM.

A PHOTO ID is REQUIRED upon arrival. For students 18+, if someone is picking up on your behalf, they must bring a signed note of permission or call the school ahead of time. Student cards are an acceptable form of identification.

If you are unavailable on these days, please email karen.mcintosh@wcdsb.ca to arrange an alternative pick up date.

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/>

Host an international student this July!



Who: Students age 13-17 from Spain & France live with a HOST FAMILY

What: Students take English classes Mon-Fri and go on trips/ activities during the week.

Host families provide room and board, plus a welcoming environment.

Where: St. Benedict Catholic Secondary School. Students are provided with a GRT pass.

When: Spanish June 29-July 27, French July 8-28.

Why: Provide your family and the international student with a fantastic cultural experience!

Families are remunerated \$1,000/ 4 weeks.

Please email stefanie@canadalinc.com or call **226.606.5943** for more information.

News from Guidance

Who is your Guidance Counsellor?

Counsellor's Name	Ext	Last names
Mrs. O'Toole	5190	A – D
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>

Academics

Specialist High Skills Major - year end update

Congratulations to all of the students who completed the SHSM program.

Over 75 students completed their red seal in all 10 of the sectors offered at St. Benedict.

If you would like more information about SHSM please go to highskills.ca. Also, feel free to reach out to Mrs. Crowell in September.

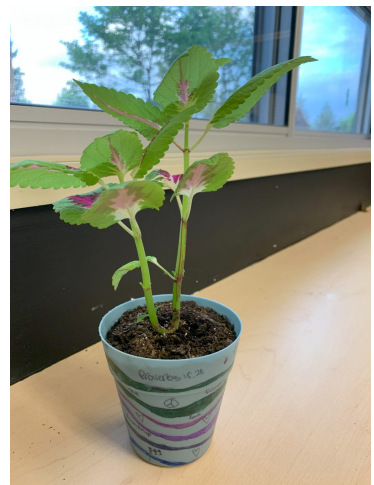


This year's SHSM Award of Excellence recipient Syed Hashmi.

Religion Students Plant God's Words

The religion students in Mrs. Rocha's grade 9 and 10 Religion classes were encouraged to find a verse in the Bible that was meaningful to them. After studying key Old and New Testament characters and stories, the students realized how much they could relate to and learn from them. Their verse was artistically expressed on a pot in which they planted a baby coleus of their choice. The students loved to see their baby plant grow bigger and stronger each day, nourished by sunlight, water AND God's words!

At the end of the semester, the students brought their plant home in hopes that they would continue to be inspired by the Biblical verse they chose that had special meaning to them. Their religion teacher prays that they continue to "grow in their faith" as their coleus plant grows in their care!



Cambridge Training Centre

Ontario Youth Apprenticeship Program – Construction Craft Worker Level 1

Construction craft workers (CCW) erect and dismantle concrete forms, scaffolding, ramps, catwalk, shoring and barricades required at construction sites.

They mix, pour and spread materials such as concrete and asphalt. They are employed by construction, demolition, utilities, and civil and engineering construction companies

Expectations

In this course offered by LiUNA Local 837, you will be learning alongside peers building the foundations for your future career in construction.

A positive attitude and a desire to learn are key traits to be successful in this program. Additionally, mechanical aptitude, manual dexterity and an ability to perform hard physical work are necessary.

Courses/Training Provided

- WHIMIS
- Health and Safety Awareness
- Skid Steer and Mini Excavator
- Propane
- Working at Heights
- First Aid/CPR
- Fire Watch
- Confined Space Entry
- Power Elevated Work Platforms
- Hoisting and Rigging
- Fork Lift

Construction Craft Worker Level 1 is taking place from **September 11, 2023** to **November 3, 2023**

Cambridge Training Centre

330 Industrial Road
Cambridge, Ontario
N3H 4R7

Tel: 519-653-3333
Toll Free: 1-800-981-6181
Fax: 519-653-8086



2022 Wage Rates

ICI Sector - Industrial, Commercial and Institutional

Hamilton (BA 26)

Skilled Labourer

Hourly	\$33.51
Vacation	\$ 3.35
Pension	\$ 9.90
Ttl. Pkg.	\$ 50.47

Niagara (BA 5)

Skilled Labourer

Hourly	\$33.04
Vac.	\$ 3.29
Pension	\$ 9.90
Ttl. Pkg.	\$49.94

Heavy Sector

Hamilton (BA 26)

Skilled Labourer

Hourly	\$37.66
Vacation	\$ 3.77
Pension	\$ 9.37
Ttl. Pkg.	\$54.50

Formwork Council of Ont.

Hamilton/Niagara (BA 5 & 26)

Form Builders

Hourly	\$40.45
Vacation	\$ 4.04
Pension	\$ 9.57
Ttl. Pkg.	\$57.71

Utilities

Hamilton (BA 26)

Skilled Labourer GRP#4

Hourly	\$28.61
Vacation	\$ 2.86
Pension	\$7.32
Ttl. Pkg.	\$42.21

Distribution Gas

Hamilton/Niagara (Zone 3)

Skilled Labourer

Hourly	\$37.77
Vacation	\$ 3.78
Pension	\$ 9.20
Ttl. Pkg.	\$54.91

Residential

Hamilton/Niagara (BA 5 & 26)

Skilled Labourer

Hourly	\$29.30
Vacation	6%
Pension	\$ 5.80
Ttl. Pkg.	\$36.95

Low-Rise Forming

Hamilton/Niagara (BA 5 & 26)

Skilled Labourer

Hourly	\$35.01
Vacation	\$ 3.50
Pension	\$ 7.80
Ttl. Pkg.	\$49.31

*All rates (i.e. monetary) are subject to skill levels classifications

Benefits

Life Insurance	\$100,000 (member) \$30,000 (accidental) \$10,000 (wife/child)
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Prescriptions	Paid at 100% with direct pay swipe card
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Dental	100% Routine 80% Major 60% Orthodontic \$2500/yr (routine/major) \$3000/yr (one time orthodontics)
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Vision	Lenses / Frames / Contacts \$500.00 / 12 mths Safety Glasses \$200.00 / 12 mths Laser Eye Surgery 100% up to \$1000.00 (life time)
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Hearing Aids	Repair/Replace \$400.00 / 60 mths
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Foot Care	Orthotics 50% up to \$600.00 / 12 mths
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Chiro/Physio/Massage Podiatrist & Chiropractists	\$1200 / 12 mths
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Counseling (EAP)	\$1000 / 12 mths
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Health Care Spending Account	\$1000 / 12 mths
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Retire with Dignity

Multi-Employer Diversified Pension Plan – “Multi Employer”

- Every company contributes to the same pension fund
- Every dollar contributed will be received back in the first 50 months of retirement.
- LIUNA's Pension Plan is fully funded through contributions from thousands of individual companies, so you are protected if your company becomes insolvent.
- You can arrange to have your spouse collect your pension for the duration of their lives.



Local 837

A **Construction Craft Worker** works on a wide variety of structures, such as residential, industrial, commercial, and institutional sites as well as hydroelectric dams, roadways, bridges, tunnels, mining and railways. They may also work on utility, landscape and pipeline projects. Specifically, a Construction Craft Worker:

- site preparation and cleanup, setting up and removing access equipment and working on concrete, masonry, steel, wood and pre-cast erecting projects
- handle materials and equipment and perform demolition, excavation and compaction activities
- responsible for site security
- may specialize in operating off-road vehicles, drilling and blasting, scaling, sandblasting, high pressure washing, diving, tunnelling and performing emergency rescue

Construction Craft Worker is a trade regulated by the *Ontario College of Trades and Apprenticeship Act, 2009*. Qualified individuals may obtain a Certificate of Qualification, which confirms its holder has the skills, knowledge and experience that meet industry standards of practice for the trade.

In order to complete an apprenticeship training program in the trade, individuals must become members of the Ontario College of Trades (the College), and apprentices must remain active members for the duration of their apprenticeship.

Upon completing an apprenticeship, the Ministry of Training, Colleges and Universities (MTCU) will issue an individual a Certificate of Apprenticeship. Upon passing the trade's certification examination and meeting the College's registration requirements, the individual may apply to become certified and registered as a journeyman in the trade.

In Ontario, the trade is part of the Interprovincial Red Seal Program—the national standard for the trade across Canada: www.red-seal.ca.

APPRENTICESHIP PROGRAM

An apprenticeship training program consists of on-the-job and in-school training. Generally, the time-frame to become competent in the trade of Construction Craft Worker is 2,880 hours (approximately one and a half years) consisting of 2,400 hours of on-the-job work experience and 480 hours of in-school training.

For detailed information about this program, see the apprenticeship training standard: www.collegeoftrades.ca/training-standards

ON-THE-JOB TRAINING

An apprenticeship involves practical training provided on-the-job by a skilled worker, or trainer. The skills or competencies to be developed are set out by the trade's Apprenticeship Training Standard and are recognized by the industry as being essential to the practice of the trade.

As these essential skills are developed, the apprentice's sponsor or trainer signs the relevant sections of the training standard to indicate that the apprentice has met the individual training objectives by demonstrating the skills required of a skilled worker, or journeyman, in the trade.

IN-SCHOOL TRAINING

A Construction Craft Worker apprenticeship includes two levels of theoretical training, which includes but is not limited to instruction in:

- construction safety
- blueprints and specifications
- construction tools
- equipment handling practices and procedures
- rigging, hoisting and material handling
- earthwork, barriers and controls
- scaffolding

Depending on the training delivery agency, in-school training may be available in one of the following ways:

- block release (full-time, for a set number of weeks)
- day release (one day per week from September to June)
- part-time (night-school programs)
- alternative delivery (online, correspondence, etc.)

MTCU is responsible for reviewing and scheduling classroom training for apprenticeship programs established by the College.

For more information about in-class training, contact a local MTCU Apprenticeship Office: services.findhelp.ca/eo/tcu/appoff



APPRENTICESHIP – WHAT IS IT AND HOW DOES IT WORK?

Apprenticeship is a work-based training program for people who want to work in a skilled trade or occupation. It is also a post-secondary education pathway that provides access to well-paying jobs that require a high level of skill, judgment and creativity. Apprentices are paid while gaining work experience and their wages increase with their skill level. About 90% of apprenticeship training takes place in the workplace, while the remainder consists of theoretical instruction, usually obtained at a college of applied arts and technology or other approved training delivery agency. Apprenticeship training is delivered in partnership by the MTCU and the College. Training agreements between apprentices and sponsors are registered by the MTCU in accordance with legislation. Each individualized training agreement represents workplace training that the sponsor agrees to provide to someone who wants to learn a skilled trade.

ONTARIO COLLEGE OF TRADES – WHO ARE THEY AND WHAT DO THEY DO?

The Ontario College of Trades is the regulatory body for skilled trades professions in Ontario. The College enforces regulations that help protect the public and is committed to promoting the value of working with certified skilled trades professionals. The College also maintains a register of its members including the following membership classes: Journeypersons, Apprentices, Journeyperson Candidates, Tradespersons, and Employers/Sponsors. Individuals with registered training agreements must become members of the College's Apprentices Class and must remain a member in good standing with the College in order to complete the apprenticeship program. To learn more about the College, call toll-free 1-855-299-0028 or in Toronto, call 647-847-3000 or visit www.collegeoftrades.ca.

HOW DOES SOMEONE BECOME AN APPRENTICE?

The person finds a sponsor willing to ensure that he or she is provided with training according to the Apprenticeship Training Standard established by the College. A sponsor may be an individual, employer, third-party sponsor group, or any entity able to provide an apprentice with opportunities to learn the skills necessary to practice the trade. The person and the sponsor submit a completed Application for Apprenticeship to the local MTCU Employment Ontario office. MTCU staff will arrange a discussion to assess the person's eligibility for the program and the sponsor's ability to provide the required training. Staff will explain the roles and responsibilities of all parties involved in apprenticeship training, including the College, and register the training agreement. MTCU staff will also explain the classroom training options and, together with the sponsor, monitor the apprentice's progress during the program. For more information on becoming an apprentice, visit: www.earnwhileyoulearn.ca.

HOW LONG DOES AN APPRENTICESHIP TAKE TO COMPLETE?

Apprenticeships take two to five years to complete, depending on the trade. Prior education and related work experience are considered when determining the length of the program at registration. Flexible classroom training options are generally available to meet the specific needs of apprentices and their sponsors.

ARE THERE OTHER PATHWAYS TO APPRENTICESHIP TRAINING?

The Co-Op Diploma Apprenticeship program allows students attending college to receive apprenticeship training while earning a diploma. The Pre-Apprenticeship Training program helps unemployed individuals strengthen their skills and increase their eligibility for apprenticeship training in a specific skilled trade.

CAN A STUDENT START AN APPRENTICESHIP WHILE ATTENDING HIGH SCHOOL?

The Ontario Youth Apprenticeship Program (OYAP) allows high school students to participate in apprenticeship training while earning their high school diploma. Interested students should contact their guidance counsellor or technical teacher for more information.

DOES THE GOVERNMENT ENCOURAGE SPONSORS TO HIRE APPRENTICES?

The Ontario government provides the Apprenticeship Training Tax Credit to corporations and unincorporated businesses that hire apprentices in certain skilled trades, an Employer Signing Bonus to sponsors who register new apprentices in sectors in which skilled workers are in high demand, and an Employer Completion Bonus to sponsors whose apprentices complete their programs.

DOES THE GOVERNMENT PROVIDE FINANCIAL SUPPORT TO APPRENTICES?

Apprentices can benefit from the Ontario government's Apprenticeship Scholarship and Loans for Tools programs. Both the Ontario and the federal government offer grants during and at the completion of the apprenticeship program.

HOW CAN I LEARN MORE ABOUT APPRENTICESHIP TRAINING?

Visit the MTCU Employment Ontario website at www.ontario.ca/employment, call the MTCU Employment Ontario Contact Centre at 1-800-387-5656 or 416-325-4084 for service for the deaf, visit an Employment Ontario office or visit www.tcu.gov.on.ca.



St. Catharines
267 Carlton St.
St. Catharines, ON
Phone No.: 905.227.1837
Fax No.: 905.227.0165

Hamilton
44 Hughson St. South
Hamilton, ON
Phone No.: 905.525.1116
Fax No.: 905.529.2723

Cambridge
330 Industrial Rd
Cambridge, ON
Phone No.: 519.653.3333
Fax No.: 519-653-8086



Clubs

A celebration of the Arts!

Congratulations to the Arts Students and Staff of St. Benedict on a wonderful year of creativity and performance! This year included a variety of special events and shows that featured beautiful works of art, talented performances with detailed make up and costuming. Thank you to the Arts Council, the Cosmo Club, the school Concert Band and last but not least our Music Ministry. To all students who took part in our 3 Coffee Houses, the Musical Production of "Elf" as well as the Drama Production of "A Simpler Time", your hard work and dedication made all of this happen and we are so proud of you! Best of luck to all graduates and we look forward to working with those students returning in the Fall. Have a safe and happy summer holiday!



Bennie's garden flourishes with Food Bank



Over the past 3 years, the Hospitality department has fostered an ongoing relationship with the Cambridge Self Help Food Bank where they donate a portion of their sales to the community in need. These funds are raised by producing food for take home meals as well as providing a service to students and staff at lunch.

This year we are happy to announce that we have donated \$1000 each semester totalling \$2000! In addition to this, through the collaborative efforts of the Science department, Hospitality and Construction, we have brought the vision of the school garden to life and are proud to say that we have the largest working garden plot in the WCDSB.



With partnerships with the Food Bank as well as Seeds of Diversity and the Region of Waterloo, we are able to sustain the gardens throughout the growing season and donate produce to the community and back into the Hospitality program so students can be a part of the "Farm to Fork" movement and learn about sustainable horticulture. We also have a thriving composting program that utilizes all of the compostable waste created in the Hospitality program which, in turn, feeds the gardens in the spring.



Outers Club

Coyotes and eagles, oh my!!

It has been a GREAT year for the Outer's Club – a canoe trip in Algonquin Park, cross country skiing in Shades Mill, hiking and camping in Bruce Peninsula National Park and canoeing the Grand River. What a fun time! We can't wait to see what next year will bring :) Speaking of next year...Do you like going on adventures in nature? Are you interested in canoeing, camping, and hiking!? Come join the

Outer's Club! This is a club for grade 9 – 12 students and all experience levels are welcome. Happy trails this summer and can't wait to see you next year :)



Eco Club achieves Gold Certification for school



Mrs. Kirk-Elleker with students Abdullah Mir and Matthew Kapuscinski.

The St. Benedict Eco Club was successful in achieving GOLD certification from EcoSchools Canada this year! Some of our achievements include planting a pollinator garden, the Great Gulp challenge during Bennies Water Week, conducting school energy audits, re-introducing the G.O.O.S. paper bins around the building, electronic waste recycling, and several waste reduction campaigns. With the hard work of Matthew Kapuscinski and Abdullah Mir we were able to spread awareness around the school in an attempt to direct our student body to become more environmentally conscious citizens. This year is a prime example of 'one person CAN make a difference'!

Other News

News from the Library



From the Librarian's Desk

Wishing all St. Bennies students a successful end-of-the school year.

Congratulations to the class of 2023! You did it! Clemens Mill Library staff wish you all the best in your future endeavours.

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 for more activities in June and during the summer months!

Friday June 30th: Kick-Off To Summer

Kick off the summer with water games, relay races, beach bowling, and more! Outside Clemens Mill Library: 10AM to 2PM Summer treats will be provided.

Calendar of Events

*Have a safe and
enjoyable summer!*

*We will see you in
September!*

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

The BENN Newsletter

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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