

# St. Benedict Catholic School

80 McLaughlin Ave., Milton ON L9T 8N2

Website: <http://schools.hcdsb.org/bene> T: 289-851-9353

Principal: Mr. Josey Guerin

Vice Principal: Ms. Penny Uniacke

Secretary: Mrs. Diane Reggi

Office Assistant: Mrs. Anna Guzzo

Superintendent: Mr. Camillo Cipriano

Trustee: Mrs. Diane Rabenda

## Administrator's Message

The staff of St. Benedict wishes you a very Happy New Year. We trust that everyone is well rested after the Christmas break and ready to return to school with renewed spirit and energy.

It was wonderful to see so many of you join us as we celebrated the Christmas season as a Catholic School community. Special thanks to our many volunteers and School Council who assisted us in preparing for our Christmas festivities such as: our Gingerbread Making Night, Operation Christmas Child and our Christmas Sing-a-Long. We also extend our thanks to all of you for your incredible generosity in supporting the St. Vincent de Paul gift card drive. Your actions are truly examples of Christ acting through us to care for the less fortunate.

Our Safe Arrival Program is only effective when we all work together. We do need your assistance to help keep all of our students safe. Please take a few minutes to call in your child's absence. The time it takes for us to contact you is time taken away from finding a missing child.

Mr. J. Guerin and Ms. P. Uniacke



## Upcoming Events

### January 9

First day back from Christmas Break

### January 19

EFI Parent Information Night for 2017-18 (current SK students) @ 6:30 PM

### January 24

FDK registration 2017-2018

### January 25

FDK registration for 2017-2018

### January 27

Spirit Day (wear your favourite team jersey)

### February 3

P.A. Day (no school for students)

Follow St. Benedict on  
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[@StBeneHCDSB](https://twitter.com/StBeneHCDSB)



## St. Benedict Catholic School Council News

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Our next Council Meeting is January 16<sup>th</sup> at 6:30pm. All parents are welcome!



**If there are any ideas or suggestions that you wish to be considered by Council they must be presented in writing to the Chair a minimum of 48 hours prior to the next meeting**

### Safe Arrival

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Thank you to all parent/guardians for calling in their child's absence. Just a reminder that if your child will be absent to call the school at (289) 851-9353 and press 1 to be directly linked to our Safe Arrival Program.

If you need **to pick up your child early** for an appointment, please send a note to your child's teacher indicating the time of pick up. This will minimize interruptions to the learning in our classrooms.

### Grade 1 Early French Immersion Parent Meeting for 2017-2018 School Year (Current SK Students)

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An information night for parents interested in the Early French Immersion Program will take place on **January 19<sup>th</sup> at 6:30 PM**. It will take place at St. Benedict School in the Gymnasium.

Here is a list of parent information nights for other schools who offer the program:

ST. Brigid	Tues, JAN 17. 6.45pm
SACRED HEART	Tues, JAN 24. 6.30pm
ST MARY	Wed, JAN 25. 6.30pm

## School Uniforms

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According to our school board policy (II-41), the Halton Catholic District School Board determined that all elementary schools adopting a uniform will have one that consists of a combination of navy blue and white only. **The uniform supplier for the Halton Catholic District School Board is InSchoolWear Inc. and all uniform pieces must be purchased through this supplier.** Students are expected to be in InSchoolWear navy and white. All shirts and tops have the St. Benedict crest on them and are the only approved tops. Pants, shorts, skorts, and tunics must also be purchased through InSchoolWear Inc. You are welcome to choose appropriate footwear for your children, however, please be aware that flip flops, crocs and some styles of boots pose a significant risk to children at play.

## Christmas Season

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As we enter into the Season of **Epiphany** let us be thankful and rejoice that Christ came to bring salvation to the whole world. This is a time to reflect inwardly and ask if Jesus is really the King and centre of our lives. The following is a prayer for all families to share.

Father, you revealed your Son to the nations by the guidance of a star.  
Lead us to your glory in heaven by the light of faith. We ask this through our Lord Jesus Christ, your Son, Who lives and reigns with you and the Holy Spirit, one God for ever and



## Winter Weather

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**The weather has certainly turned colder. Please ensure that your children come to school dressed appropriately for outdoor weather conditions. A warm jacket, hat and**

***mitts are essential. When weather conditions present a hazard to health as reported by Environment Canada Weather the children will remain inside.***

### **Inclement Weather Guidelines**

The Halton Catholic District School Board provides us with information, guidelines, and specific websites to refer to regarding various inclement weather situations. They are as follows:

- a) warmer than -15 C: students may remain outside for all regular activities
- b) between -15 and -20 C: students may remain outside for no longer than 20 minutes at a time
- c) colder than -20 C: students remain inside

**Please ensure your child(ren) come appropriately dressed for changing weather.**

### **Weather Watch**

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Please note that for news about HCDSB school closures and/or bus cancellations due to inclement weather you can tune in to the following radio stations commencing at 6:30 a.m.

CFRB TORONTO 1010 AM  
CHFI TORONTO 98.1 FM  
CJOY GUELPH 1460 AM  
CHWO OAKVILLE 1250 AM  
CHML HAMILTON 900 AM  
CKOC HAMILTON 1150 AM  
CKMW BRAMPTON 790 AM  
CJBC (French) TORONTO 890 AM  
CING BURLINGTON 108 FM  
CKDS HAMILTON 95.3 FM  
CKLH HAMILTON 102.9 FM

### **Kidssentials Hot Lunch Program**

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THE NEW MENU FOR January to March IS NOW AVAILABLE. **To place an order and view the menu:** Visit [www.kidssentials.com/parents](http://www.kidssentials.com/parents) and create your family account.

For more information about Kidssentials meals and any allergy related inquiries, visit the website at [www.kidssentials.com](http://www.kidssentials.com). Kidssentials can also be reached by phone at 905-855-1914 or by e-mail at [mail@kidssentials.com](mailto:mail@kidssentials.com)

### **SEAC – Raising Awareness of Special Education Services at HCDSB**

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#### **SEAC from a Different Lens!**

Over the past year, SEAC has provided important "Soundbytes" on Special Education within HCDSB. The importance of SEAC is our ability to assist the Board in understanding the special needs of exceptional children and youth, and to advise the Board on any matter affecting the establishment and development of special education programs and services. Essentially, it is our primary responsibility to advise on the Special Education Budget and the Special Education Plan every school year. Now it is time to take a closer look at what takes place at the SEAC meeting.

The Special Education Advisory Committee, comprised of school board staff and trustees and representatives of local associations is the "**BRIDGE**" between those who make decisions about special education services/programs and the exceptional children who receive these programs and services. The parents representing local associations provide a focused, big picture lens on complex issues related to students with special needs and we stand behind several board-wide programs such as "Best Buddies", "EMPOWER", "Special Needs Strategy", "Accessibility related to in-school and playground development", "Mental Well-being", "Bullying Awareness" and

the "Spirit of Inclusion Awards". Through a reciprocal and collaborative relationship based on mutual respect, SEAC does not advocate on behalf of individual students or families, but rather advises on matters of significant importance for all children who may need individualized and/or specialized programs for learning.

One of the highlights to the SEAC year is the selection of the Spirit of Inclusion recipients in March. The Spirit of Inclusion Award is a celebration of students across the Board who demonstrate exemplary inclusive behaviour within their school communities. It is an honour for a SEAC member to take part in the Board-wide selection of an elementary and secondary student and then present these students with an award at both a SEAC meeting and then again at the system wide annual Student Awards of Excellence Ceremony in April. Be sure to check your school newsletter in the Spring to find out who is the winner at your school.

SEAC meetings are held monthly (usually the last Monday of each month at 7pm) at the Board office throughout the school year and meetings are open to the public. SEAC meeting dates and times can be found on the Board Event Calendar at [www.hcdsb.org](http://www.hcdsb.org).

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## ECO Ravens News

Wednesdays are litterless lunches. We encourage all students to bring in snacks and lunches that have minimal waste. Some examples include re-useable water bottles, plastic containers, fruit and vegetables. This month we will start collecting plastic bags to ensure they are being properly recycled. Send in your unwanted plastic bags with your child for them to put in our collection box. Thank you for your support!

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## Spirit Day

Thank you to everyone who dressed like an Elf or wore red and green for last month's Spirit

Day. This month's Spirit Day will be on Friday, January 27th in support of Big Brothers & Big Sisters. We are asking students to wear their favourite team Jersey. A \$2 donation towards this organization which supports children in the Halton area would be greatly appreciated. Thank you.

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## St. Vincent De Paul

Thank you to all our families for their generous support in our Christmas Gift Card Drive. We were able to raise close to \$1000 and your thoughtfulness made many families have a merrier Christmas.

St. Vincent De Paul offers assistance to the community in a number of ways. The number to call for assistance is 905-875-7995.

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## School Cash Online

Please note that payments (field trips, pizza, etc.) are available through our schools Cash Online System found at:



<https://hcdsb.schoolcashonline.com/>

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## FDK Registration

Registration for **NEW** Students will take place January 24 and 25. Please share this information with families in the community. More details to follow.

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## ESL News

***Happy New Year to everyone! We hope you enjoyed a peaceful and joyous Christmas spent with family and friends.***

***If you are looking for ways to help your child in school, here are some suggestions and resources that can help you.***

Reading is an extremely important skill. By reading, students learn much of what they need to know for their different school subjects. It is an excellent way to improve general English. Educational researchers have also found a strong correlation between reading and vocabulary knowledge. In other words, students who have a large vocabulary are usually good readers.

So if you want your child to be successful at school, encourage him or her to read. Reading non-fiction in English is probably the most important, but English fiction and any reading in the mother tongue - if done extensively - will help your child develop the reading competence that is essential for academic achievement.  
(<http://esl.fis.edu/index.htm>)

#### **BENEFITS of READING REGULARLY at HOME:**

- Development of general ability to understand what the student reads
- Increase in vocabulary
- Understanding of models of grammar and sentence structure
- Improved written output
- Enhanced oral communication
- Improvement in spelling
- Increase in general world knowledge

#### **St. Benedict Parish News**

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Confessions are heard on every Saturday from 4:00 pm - 4:30 pm in the Prayer Chapel at Our Lady of Fatima School.

All Masses are celebrated at Our Lady of Fatima Catholic Elementary School (709 Bolingbroke Drive in Milton. L9T 6Z3)

Please visit the St. Benedict Parish website at: [www.stbenedictparish.ca](http://www.stbenedictparish.ca) for more information.

#### **ALTAR SERVERS NEEDED**

Father Jim Petrie is looking for additional altar servers to serve at the weekend Masses held at Our Lady of Fatima School. The weekend Mass times are Saturday at 5:00 pm and Sundays at 9:00 am and 11:00 am. If any boy or girl, grade three or older, would like to serve, please have their parent(s) contact the parish at [stbenedictmilton@gmail.com](mailto:stbenedictmilton@gmail.com) or 289-878-3118. There will be a training session at Our Lady of Fatima Catholic Elementary School (709 Bolingbroke Drive in Milton) on Saturday January 28th at 1:00 pm. Any interested student is welcome to join.

#### **Student Articles**

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##### **HOPE**

By: Karen A. & Ella W.

Hope was the virtue of the month of December 2016. We did not know much about Hope so we brainstormed some ideas to figure out the definition of Hope. We thought that hope is praying, hope is respecting, and hope is a time of wishing. Hope is one of the virtues of the advent candles. We asked some teachers and students about what hope means to them some of the answers were:

Mrs. Dolan: "Hope is a positive outlook. It is a time for us to remember God and know and trust that God will always guide you, even when things are not going as you want. Hope is special to me because without hope the world would be sad. So, hope is special to me."

Jenise: "Hope means to wait for the coming of the birth of Jesus our king, and positive moods towards



others. Hope is special to me because thinking of the word hope makes me feel this great feeling of kindness, joy, and happiness.”

Mr. Guerin: “Hope means the possibility for a better future. Hope is special because through hope we can inspire others to be like Jesus.”

Thomas: “Hope means we’re hopeful when things are not going your way. You can believe things will get better and pray Jesus is with you. Hope is more than hoping for a gift that you want, real hope is praying for the better good for everyone. Hope is special to me because my parents got hurt and I believe that my hope and the hope of others helped them so much and I think hope can make everyone better and can bring people together.”

As you can see hope means a lot of different things from a lot of different people but every single idea was correct because Hope is everything.

**Rejoice in hope, be patient in tribulation, be constant in prayer. Roman 12:12**

### **Christmas Sing-A-Long**

By: Hannah, Miriam and Sophia

On December 22, St. Benedict School hosted a Christmas sing along. We were so excited to hear all these beautiful songs and we waited patiently for this day. Some teachers have been telling us that it might look like a play. It is very kind for all the students to sing songs to our Lord to tell him happy birthday. We also are showing our love to our Savior not just by singing Him songs, but also by going to church to listen to the gospel. Every class is participating by singing a different Christmas song. I hope that we will be hearing songs that represent His special day and not just about Santa Claus but about our Lord’s birthday. Grade ones, seven

and eight, were singing “O Little Town of Bethlehem”. They were singing so beautifully as a group. The grade six and one were singing “Away in a Manger”. They had such a soft and lovely voice. They sang these songs so we all remember our Lord in a manger on the very first Christmas. The grade seven and four sang, “Hark the Herold Angel Sings”. They sang like angels! All the songs reminded us of the very first Christmas. There is a lot more but we cannot say all so I wish you have a very, merry Christmas!

### **Wellness**

By: Jenise

At St. Benedict, we have started a club called **The Wellness Club** led by *Mrs. Murray, and Ms. Mae*. The wellness club is a group of students wanting to be leaders at our school. This club allows students to acknowledge more about what wellness means. So far we are aware that wellness is not just about our mind, wellness comes in many different forms (mind, body, emotions, spiritually, etc.). Wellness means the state or condition of being in physical, good health, and good mind.

Recently on December 1, 2016 the wellness team went to Lumen Christi Catholic Elementary School to gather some ideas that they can bring to our school and some exercises to help our body spiritually, emotionally, and physically. Some exercises we can do to help our minds, body, and soul is *Yoga, Christian meditation, painting, and much more*. There were speakers at the event telling us that when people say wellness it is not just a mental disorder, it is something that everyone has. Whether it's

someone having anxiety at school or work, or just wanting to be well fit. Wellness is basically anything that makes us feel well. Also, they are giving the message that we are **ENOUGH**. Now, we think that the presenters should feel confident because they have gathered many great ideas that we will bring back to our school to make St. Benedict its best. It is truly important, not only to our teachers but also to our principals, to make sure that we know the true meaning of wellness.

The wellness club has not done any activities yet with the school although when I asked some students in the club they are brainstorming ideas for upcoming activities. But there is one thing that the students at St. Benedict should look forward to. All throughout the month of February the wellness club, with teacher support, will be having many activities to do such as meditation, yoga, painting, etc. for junior and intermediate students. So, remember for the Christmas season look out for your own wellness!

## **Bullying**

**By: Alyssa, Faith, and Amaya.**

Hey, St. Benedict! Today we're addressing a serious issue that you've all heard about, bullying. First, let's go over a short Q & A. Q: What are some reasons as to why people bully? A: Well, there are multiple reasons. Some common ones are that the bully has low self-esteem (Meaning that they worry about what people think of them), and lay their anger on other kids. Also, people bully because they want to seem 'cool' or 'tough', when, in reality, they're being mean. Q: What can we do to stop bullying? A: If you know someone who's being bullied, tell a teacher. And, you can also be a good friend by including people in games, talking

with them, and interacting with people, even if you don't know them. That ends the little Q & A. There are also many negative effects of bullying, such as the victim feeling the need to hurt themselves, or others, spreading the negativity. Also, the bully can get into extreme trouble, even going as far as involving police. So, think before you call someone names or hurt them.

## **The Raven's Jr. Boys' Volleyball Team**

**By Valentina A.**

The Jr. boys' volleyball team have been working very hard for their big tournament. The tournament was on Friday, December 16, 2016. From what we can tell the boys are very happy that they made the team and had showed great cooperation during practice. The coaches are very happy with how the team played at the tournament. The boys played three games. They were very successful and showed great leadership skills during the tournament. We hope to see more from them and hope to keep up those volleyball skills for future years. Thank you for everyone who tried out. See you again soon!