



St. Benedict Catholic Elementary School

Seek the Best

Academics | Athletics | Clubs | Student Life





WELCOME TO ST. BENEDICT

A MESSAGE FROM THE PRINCIPAL BEVERLEY BELANGER



Welcome to St. Benedict Catholic Secondary School. This is a very exciting time in your life – a time rich in opportunities to experience new things, develop essential skills, and make new friends. It's also a time for you to discover the path you will take to become your best self – and we are here to help you do that.

We strive for academic excellence and our committed school staff are focused on identifying your strengths and providing experiences to develop essential competencies needed to thrive in our ever-changing world. Our unique grade 7 and 8 Math Model has been recognized provincially for its targeted teaching approach to improve both student achievement and confidence in math.

We are committed to fostering a safe and inclusive school environment. At St. Benedict, we work closely with students and their families to ensure we promote innovation, inquiry, and risk-taking. Alongside our community partners, we provide our students with multiple opportunities to live their faith and enhance their leadership capacity. We value student voice and strive to provide opportunities for our whole school community.

Our extra-curricular program is diverse and incredibly successful. We offer opportunities in STEM (Science, Technology, Engineering and Math), the Arts, and Athletics. At St. Benedict, we have numerous programs that allow students to explore their interests, grow socially and make memories that will last a lifetime.

I encourage you to SEEK THE BEST, and join us in the Bear's Den.

Beverley Belanger

BUILDING CATHOLIC COMMUNITY

St. Benedict is a Catholic School, and as such we have a variety of faith expressions that students can enjoy.

CATHOLIC EDUCATION

Catholic school curriculum is written specifically for Catholic schools to ensure that the teachings of the Church are woven through each subject offered. Students take Religious education courses that teach them about the Catholic faith, as well as studying other faith traditions. Students are provided the opportunity to attend liturgical celebrations and events to celebrate as a Catholic community.

CHAPLAINCY SERVICES

Because our Catholic Faith teaches us that the human person is a mind, body and spirit unity, St. Benedict offers to all students the services of a Chaplaincy Lead. The role of the Chaplaincy Lead is to provide opportunities for students to explore their spirituality. This is accomplished in a number of ways; in communal liturgical celebrations such as the Eucharist or prayer services, through assisting members of the community at large who are experiencing financial difficulties, or volunteering to help in their local parishes to name a few. In addition to these communal activities, students may also approach the Chaplaincy Lead for help with any number of challenges such as grief, illness and relationship concerns. We believe strongly in a God who cares for all people, and the Chaplaincy Lead is a tangible sign of God's presence among us.



Ontario Catholic Graduate Expectations

Students at St. Benedict will embody the following Catholic Graduate Expectations:

- A discerning believer formed in the Catholic faith
- An effective communicator
- A reflective and creative thinker
- A self-directed, responsible, life-long learner
- A collaborative contributor
- A caring family member
- A responsible citizen

St. Benedict Prayer

Gracious and Holy Father,
Grant us the intellect to understand you,
Reason to discern you, diligence to seek you,
Wisdom to find you, a spirit to know you,
A heart to meditate on you.
May our ears hear you, may our eyes behold you,
And may our tongues proclaim you.
Give us the grace that our way of life may be pleasing
to you,
That we may have the patience to wait for you
And the perseverance to look for you.
Grant us a perfect end – your holy presence,
A blessed resurrection and life everlasting.
We ask this through Jesus Christ our Lord. Amen.

AT ST. BENEDICT ONE CAN EXPECT

- » **A SAFE AND INCLUSIVE LEARNING ENVIRONMENT**
- » **ACADEMIC EXCELLENCE**
- » **A COMMUNITY MODELLED ON GOSPEL VALUES**
- » **A CARING, INNOVATIVE AND INVOLVED STAFF**
- » **OPPORTUNITIES TO DEVELOP GLOBAL COMPETENCIES**

- Character
- Citizenship
- Collaboration
- Communication
- Creativity
- Critical Thinking

COMMITMENT TO LEARNING

In a school environment, it is essential that students take greater responsibility for their learning and growth. At St. Benedict, our environment encourages self-advocacy and a culture that is rich in academic and personal supports. Our students have every opportunity to actively participate in their education and succeed. Christ has given each of us many gifts, and God calls us to work together to create a school community that allows every student to reach their potential.

HOUSE SYSTEM

At St. Benedict, we have a unique way of building school spirit and community. We have a “House System”, where different groups of students belong to one of five Houses. The House system also ensures there is a link between our elementary and secondary school students to help with high school transitions. Each House has a unique name based on the English word for Bear, but in different languages. Also, each house has a motto and a value associated with it. The five Houses are Ursa, Mkwaa, Oso, Lawe and Karhu. Houses have friendly competitions throughout the year to gain points. The House with the most points at the end of the year win the coveted House Cup. Which House will you find yourself in as a Bear?



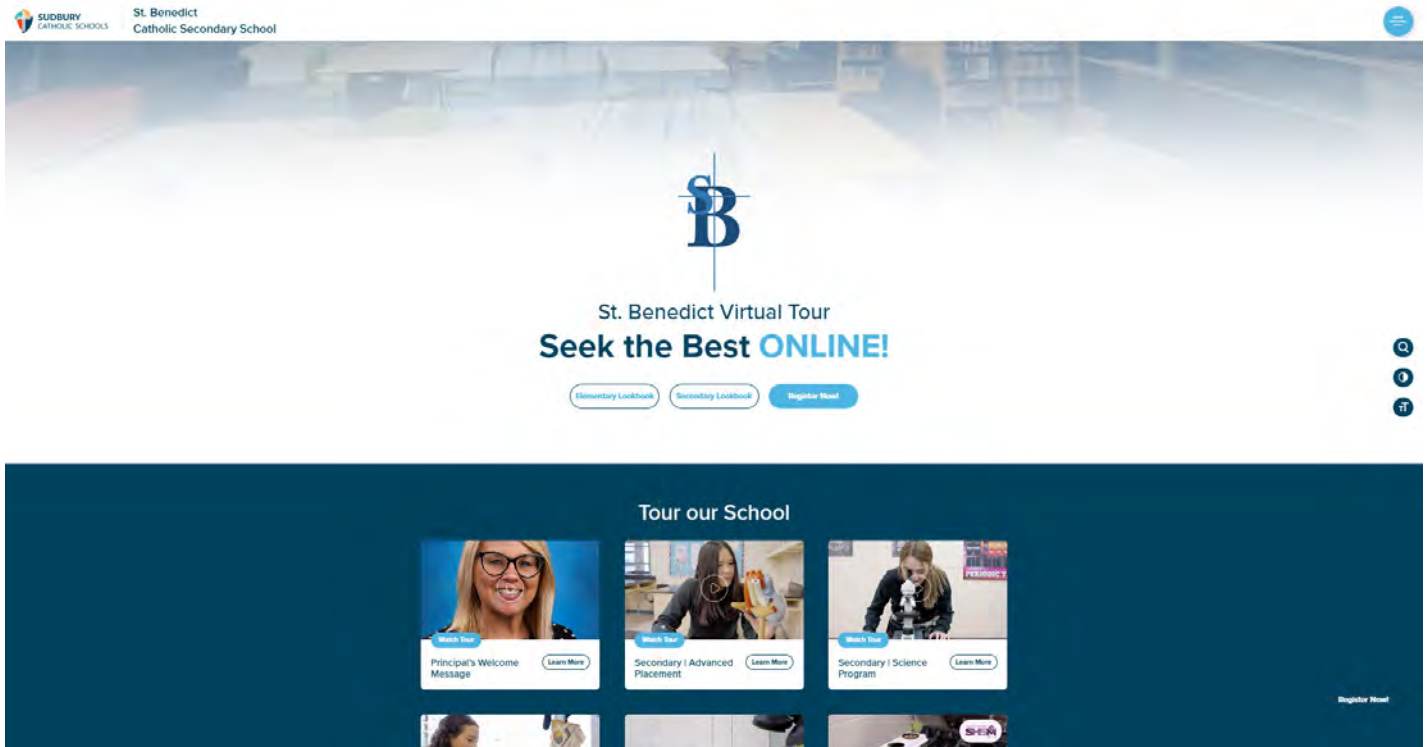


WHAT WILL MY SCHEDULE LOOK LIKE?

This is a sample student schedule and what a typical week for a student in elementary would look like..

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:10 - 8:25	Homeroom	Homeroom	Homeroom	Homeroom	Homeroom
8:25 - 9:25	Math	Math	Math	Math	Math
9:25 - 10:25	Language	Language	Language	Language	Language
10:40 - 11:20	Science/Language	Geography/ History/Language	Science/Language	Geography/ History/Language	Phys.Ed/Health
11:20 - 12:00	Religion	Religion	Religion	Religion	Fully Alive
12:00 - 12:40	Lunch				
12:40 - 1:20	Core French	Core French	Phys.Ed/Health	Music	Guidance/ Language
1:20 - 2:00	Core French	Core French	Core French	Music	Art/Drama/ Dance
2:00 - 2:20	DPA	DPA	Language	DPA	Language

VIRTUAL OPEN HOUSE



Check out our Virtual Tour at
<https://st-benedict.sudburycatholicschools.ca/virtual-tour/>

Here you will find all kinds of additional information on our various programs and get a chance to see the school from a whole new perspective. Fly through the school and see all that we have to offer, watch student and staff videos on different sections of the school and even see this book on line! Welcome to the Bear's Den!

FOLLOW US ON SOCIAL MEDIA

**St Benedict Catholic
Secondary School**



StBenedictSud



stbensud



SUBJECT DESCRIPTIONS

RELIGION

The purpose of the Grade 7 program is to assist young believers in nurturing their relationship with God through Christ in the context of a Spirit-filled community. By using the “Growing in Faith, Growing in Christ”, approved by our Catholic Bishops in the province, this program encourages young believers to participate with the Church in exploring our relationship with God, Jesus and the community of the Holy Spirit to discover our personal faith story.

FULLY ALIVE

Fully Alive is a Family Life Education program developed for the Catholic elementary schools of Ontario, approved by Catholic Bishops of Ontario. Its approach to life, relationships, and human sexuality is guided by Catholic faith and by the wisdom accumulated through many years of Christian human experience.

LANGUAGE

The focus for Grade 7 language is on the consolidation of students’ language knowledge, skills, and strategies. Students are encouraged to use skills independently and effectively to understand, reflect on, apply, and communicate information and ideas, for continued learning in school and in a multicultural, multimedia world.

MATH

The Math Program at St. Benedict Catholic Secondary School adopts a targeted approach with a goal of improving student confidence and achievement through targeted instructional approaches. Using diagnostic assessments for every strand, a student’s work ethic and the teaching team’s professional judgment (based on observation), students are placed in a class that moves at a pace that is suited to their learning style. Competence using mathematical language, structures, and operations within the social emotional learning (SEL) and mathematical processes will help students to reason, justify their conclusions, and express ideas clearly while simultaneously learning to be resilient individuals.

GEOGRAPHY

Students will be introduced to the inquiry process and to the concepts of geographic thinking. They will apply the concept of geographic perspective while investigating the impact of natural events and human activities on the physical environment and also various effects of natural resource extraction/harvesting and use. Students will continue to develop their spatial skills, extracting and

analysing information from a variety of sources, including different types of maps and graphs, photographs and digital representations, and geographic information systems.

HISTORY

Students will be introduced to the historical inquiry process and will apply it to investigate different perspectives on issues in eighteenth and early nineteenth-century Canada, including issues associated with the shift in power from France to Britain. Students will learn about various groups that existed in colonial Canada and how they were affected by the conflicts and changes that characterized this period. They will begin to apply the concepts of historical thinking to their study of Canadian history, leading to deeper and more meaningful explorations of life in colonial Canada. Students will also develop their ability to gather and critically analyse evidence from primary sources in order to form their own conclusions about historical issues and events.

HEALTH/PHYSICAL EDUCATION

The health and physical education curriculum helps students develop an understanding of what they need in order to make a commitment to lifelong healthy, active living and to develop the capacity to live satisfying and productive lives. Healthy active living benefits both individuals and society in many ways. Their lives are changing rapidly, and they need more advanced knowledge and skills to understand and cope with the changes they are experiencing and to make responsible decisions about their physical, mental and spiritual health. Research has shown a connection between increased levels of physical activity and better academic achievement, better concentration, better classroom behaviour, and more focused learning.

THE ARTS

Education in the arts is essential to students’ intellectual, social, physical, and emotional growth. Experiences in the arts (dance, drama, music, and visual arts) play a valuable role in helping students to achieve their potential as learners and to participate fully in their community and in society as a whole.

SCIENCE

Science is a way of knowing that seeks to describe and explain the natural and physical world. This curriculum has an increased emphasis on technology, society, and the environment through the study of ecosystems. It provides numerous opportunities for teachers to integrate environmental education effectively into the curriculum. Additional areas studied include: Heat, Structural Strength and Stability, and Pure Substances and Mixtures.

FRENCH IMMERSION AND CORE FRENCH



BIENVENUE!

The French Immersion and Core French programs at St. Benedict are FANTASTIQUES! In the French Immersion program, students learn all subjects in French except for Mathematics, Religion and Language Arts. In addition, we strive to prepare our students to succeed at the DELF exam in all French Immersion and Core French programs. The DELF examinations are an opportunity for students to demonstrate their French-language skills. The DELF represents international recognition of your child's French-language skills in a way that supports future learning, careers and other life aspirations.

INDIGENOUS CULTURE

St. Benedict serves a diverse population that includes First Nations, Métis and Inuit students from both local communities and urban centres. We strive to ensure that our school community meets the needs of our learners by including Indigenous perspectives and voices in various aspects of curriculum and practice. We start each day with a land acknowledgment that offers a respectful way of thanking our Indigenous partners for where we are and respectfully reflect on the past in the spirit of reconciliation. We have a Sacred Cultural Space for students to connect and learn about Indigenous culture. The students benefit from the support of an Indigenous Support Worker. All students will, by high school graduation, complete courses with an Indigenous focus. We approach this important work in a spirit of respect, partnership and learning and we will continue to expand programming options.



ELEMENTARY STUDENT SUCCESS

RESOURCE TEACHER

The elementary Resource Teacher at St. Benedict co-ordinates supports and services to enhance student learning and well-being. This includes developing student IEPs, facilitating communication and strategies related to accommodations for students and teachers, as well as tracking student progress. The elementary Resource Teacher works with students to develop self-advocacy skills as they transition to secondary school.

ELEMENTARY STUDENT SUCCESS CENTRE

The St. Benedict Student Success Centre offers all students a variety of academic supports to help them meet curriculum expectations in grade 7 and grade 8. Services that are provided include:

- An elementary Student Success Team made up of the Resource Teacher and an Educational Assistant.
- An alternative setting to write tests or to work on assignments.
- One-on-one support with a member of the Student Success Team.
- Access to technology and printing.
- Organizational coaching.
- Homework help.
- After School tutoring is available.



SKILLS FOR SUCCESS

HAVE GOOD ATTENDANCE

- Attend school each day.
- Arrive to class on time.
- If you do have to be away from school, make sure you find out what you missed and get caught up as soon as possible.

HOMEWORK AND SUBMISSION OF ASSIGNMENTS

- Plan ahead, don't wait until the last minute to complete your work or to start studying.
- Complete and submit all assignments for evaluation.

ORGANIZATION AND TIME MANAGEMENT

- Take accurate notes and keep notes well organized.
- Use your agenda to plan for assignments, projects, quizzes and tests.
- Manage your study time so that you are preparing well in advance of tests and exams.

LEARNING SUPPORT CENTRES

St. Benedict Catholic Secondary School offers two specialized programs: our Life Skills Program and our Communications Class. These programs give students the advantage to gain essential living skills and unique experiential opportunities while continuing to enhance their literacy and numeracy skills.

LIFE SKILLS

The Life Skills program is for students identified with a moderate developmental/intellectual exceptionality who require alternative programming. The focus is on developing functional literacy, functional numeracy, social skills and practical independent living skills.

Learning to read a flyer, a map, or a menu is the focus of the functional literacy strand.

Functional Numeracy in the life skills program focuses on the mathematics skills necessary to live independently, such as counting, adding and subtracting, using money, budgeting finances, and understanding time.

Daily activity skills focuses on socialization skills and practical knowledge necessary to excel in the community. These skills include being able to self-regulate their own behaviour, socialize with others in a variety of settings, advocate for their rights and needs, and all the skills necessary to live on one's own, such as using kitchen appliances, laundering clothes, cooking, cleaning, and hygiene.

The Life Skills Program sets goals for each of the students to work towards during their four or more years in the program based on their personal desired outcomes upon graduation.

COMMUNICATION CLASS

The Learning Support Centre with a focus on Autism is a class for students who have a diagnosis of Autism Spectrum Disorder. Students range in age and ability with a focus on communication strategies and social skills. With the support of a teacher and educational assistant, students receive individualized programming based on their social and academic needs.

Our Learning Support Centre students exemplify the true meaning of being a St. Benedict Bear. Their pride extends beyond that of the classroom and into the community.



THIS YEAR I LEARNED...

“...about being proactive and not reactive.”

“...that I need to plan out my time to do my very best.”

“...hearing is not the same thing as listening.”

“...my choices decide whether I succeed or not.”

“...that hard work pays off.”

“...how to use my voice to share my ideas.”

“...focusing and scheduling my time is the key to success.”

“...that you have to keep a positive balance in your EBA (Emotional Bank Account) in order to have good friendships/relationships.”

“...it’s important to set goals for myself.”



Ursa House on a House Day celebrating another victory

THE BEST THING ABOUT ST. BENEDICT IS...

“the staff, the physical space and the technology provided.”

“being able to use our technology”

“everyone here is so nice.”

“that you have a feeling that you are part of a family because you get to help out and be part of extra-curricular activities.”

“the teachers, staff and students because no one is left out and we build strong friendships through our catholic community.”

“we use our technology for school and there is no bullying”

“they have good teachers”

“everything it has to offer – including friendly staff and inclusive classrooms.”

“all the teachers are focused on making us become better students and better people.”



EXTRACURRICULAR ACTIVITIES



St. Benedict Catholic Secondary School offers a wide variety of extracurricular activities you can get involved in:

- Boys Volleyball
- Girls Volleyball
- Boys Basketball
- Girls Basketball
- Floor Hockey
- Co-Ed Ice Hockey
- Cross-country running
- Track & Field
- Boys Soccer
- Girls Soccer
- Co-Ed Softball
- Chess Club
- Dungeons and Dragons Club
- Coding
- Breakfast Club
- Band
- STEM Club



Be sure to get involved in one or more of these awesome clubs or teams to enhance your St. Benedict experience! If you don't see a club you like, then why not start one?







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