The logo for St. Benedict Catholic Secondary School. It features a stylized blue "S" and "B" intertwined, with a vertical blue line running through the center of the "B".

# St. Benedict Catholic Secondary School

***Seek the Best***

Academics | Athletics | Clubs | Student Life





## WELCOME TO SECONDARY

### A MESSAGE FROM THE PRINCIPAL BEVERLEY BELANGER



Welcome to St. Benedict Catholic Secondary School. As you reach this important milestone in your academic journey, I assure you that we are the school to help you reach your goals. We provide opportunities for you to reach your full potential and develop the competencies to thrive in our ever-changing world.

We have a reputation for academic excellence and our innovative staff are focused on identifying your strengths and providing experiences to help you develop essential 21<sup>st</sup> century skills. Our programs and students have been recognized for outstanding achievements in the areas of Mathematics, English and Construction. We also offer three Specialist High Skills Major programs, Advanced Placement, and Arts options to meet everyone's needs.

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 meaningful experiences for our diverse school community.

Our extra-curricular program is extensive and incredibly successful. We are proud to display championship banners for football, hockey, soccer, golf, skiing, and basketball. We offer opportunities in the Arts, Hospitality and Tourism, Business, Technological Studies and Health Care. At St. Benedict, we have numerous programs that allow you to explore your interests, develop your distinct identity and become your best advocate.

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

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 His presence among us.

## MISSION STATEMENT

St. Benedict C.S.S. will provide a positive learning environment that will encourage academic excellence, creativity, and intellectual curiosity in harmony with each individual's abilities and interests. We are committed to providing a Christian environment in which our students develop a sense of self-worth and self-discipline essential for growth. This commitment, involving all members of the St. Benedict community, recognizes that all students must be allowed to develop individual abilities to their fullest potential.



## 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.

## HOUSE SYSTEM

At St. Benedict, we have a unique way of building school spirit and community. We have a “House System”, where different grades 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?



# TERMS AND DEFINITIONS

**GO!**



## **TIMETABLE**

A timetable is a schedule of a student's courses and lunch break, and outlines the time, room number, and teacher for each course.

## **COURSE CODE**

This 5-character code indicates the subject, grade level, and stream or destination of a secondary school course.

## **ONTARIO SECONDARY SCHOOL LITERACY TEST (OSSLT)**

The literacy test is written in Grade 10. Students who are unsuccessful on the OSSLT may complete the provincial literacy requirement by successfully completing the Ontario Literacy Course (OLC 40). A student must pass the provincial literacy requirement to earn an OSSD.

## **ONTARIO SECONDARY SCHOOL CERTIFICATE (OSSC)**

Students may be granted an OSSC by earning a minimum of 14 credits, including 7 compulsory credits.

## **COMPULSORY COURSE**

This is a specific course students must take, and it fulfills part of the diploma requirements.

## **DESTINATION COURSES**

Compulsory Grade 11 and 12 courses are based on destination. They can be taken for Workplace (E), university (U), university/college (M), or college (C) destinations.

## **OPTIONAL COURSE**

Students will select 12 optional courses during their time in high school that are of specific interest to them, and which will count toward their 30-credit diploma requirement.

## **CREDIT**

A credit is granted upon successful completion of a 110-hour course with a minimum grade of 50%.

## **EQAO GRADE 9 ASSESSMENT OF MATHEMATICS**

The math assessment is written in Grade 9. Successful completion of the math test is not a requirement to earn an OSSD.

## **COMMUNITY INVOLVEMENT HOURS**

Students must complete 40 community involvement hours, at any time in high school, as part of their Ontario Secondary School Diploma (OSSD) requirements.

## **ONTARIO SECONDARY SCHOOL DIPLOMA (OSSD)**

Students will earn an OSSD by earning a minimum of 30 credits, including 18 compulsory and 12 optional credits, as well as fulfilling the literacy and community involvement requirements.



# WHAT DO I NEED TO GRADUATE?

## 30 HIGH SCHOOL CREDITS

### YOU MUST EARN THE FOLLOWING 18 COMPULSORY CREDITS TO GRADUATE:

- 4 credits in English (1 credit per grade)
- 3 credits in Mathematics (1 credit in Gr. 11 or 12)
- 2 credits in Science
- 1 credit in Canadian History
- 1 credit in Canadian Geography
- 1 credit in the Arts
- 1 credit in Health and Physical Education
- 1 credit in French as a Second Language
- 1 credit in Technology
- 0.5 credit in Career Studies
- 0.5 credit in Civics

### PLUS ONE CREDIT FROM EACH OF THE FOLLOWING GROUPS:

- 1 additional credit (group 1): additional credit in English, or French as a second language,\*\* or a Native language, or a classical or an international language, or social sciences and the humanities, or Canadian and world studies, or guidance and career education, or cooperative education\*\*\*
- 1 additional credit (group 2): additional credit in health and physical education, or the arts, or business studies, or French as a second language,\*\* or cooperative education\*\*\*
- 1 additional credit (group 3): additional credit in science (Grade 11 or 12), or technological education, or French as a second language,\*\* or computer studies, or cooperative education\*\*\*

### IN ADDITION TO COMPULSORY CREDITS, YOU MUST COMPLETE:

- 12 optional credits\*\*\*\*
- 40 hours of community involvement activities
- The provincial literacy requirement
- 2 eLearning credits



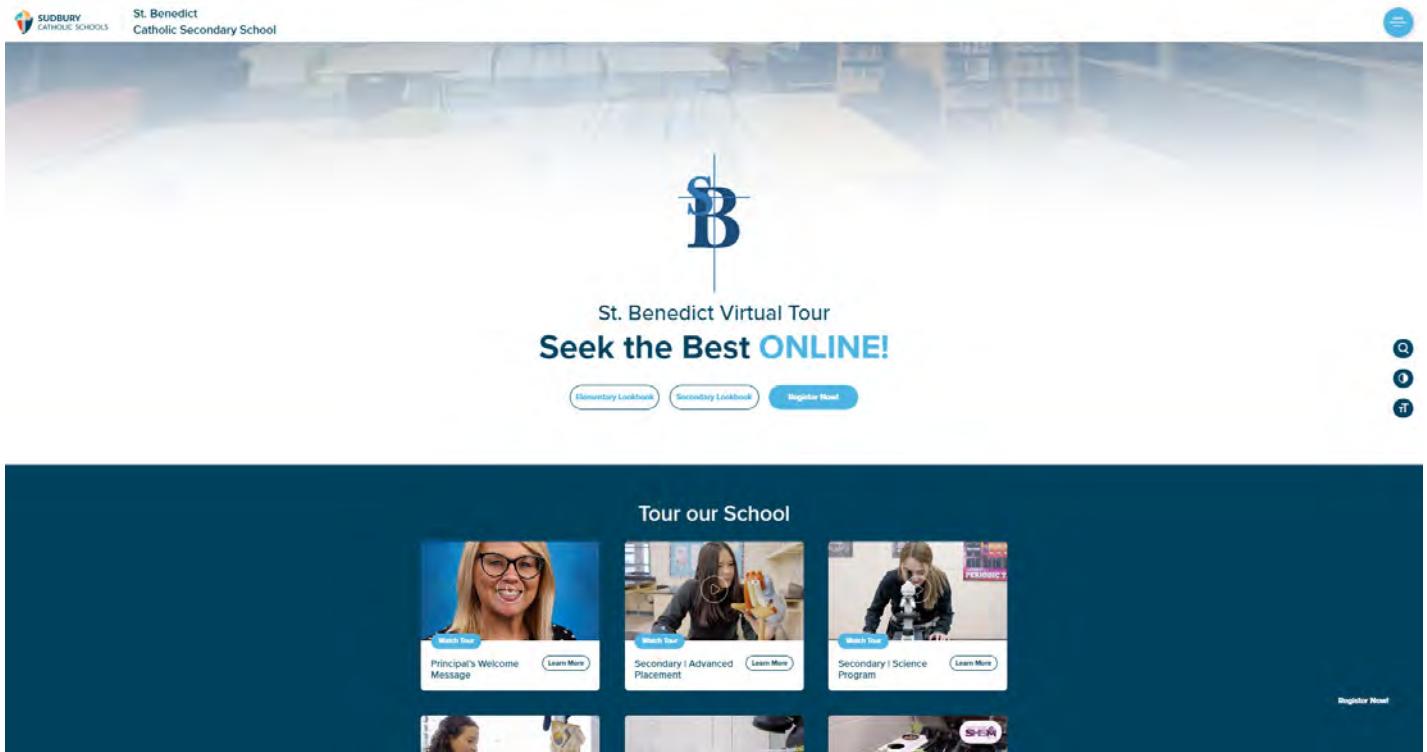
\*A maximum of 3 credits in English as a second language (ESL) or English literacy development (ELD) may be counted towards the 4 compulsory credits in English, but the fourth must be a credit earned for a Grade 12 compulsory English course.

\*\*In groups 1, 2, and 3, a maximum of 2 credits in French as a second language can count as compulsory credits, one from group 1 and one from either group 2 or group 3.

\*\*\*A maximum of 2 credits in cooperative education can count as compulsory credits.

\*\*\*\*The 12 optional credits may include up to 4 credits earned through approved dual credit courses.

# VIRTUAL OPEN HOUSE



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

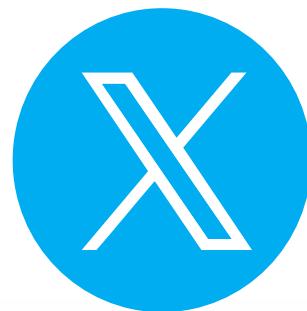
Here you will find all kinds of additional information on our various programs and get a chance to see the school from a whole new perspective. Fly through the school and see all that we have to offer, watch student and staff videos on different sections of the school and even see this book on line!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

## FOLLOW US ON SOCIAL MEDIA

**St Benedict Catholic  
Secondary School**



**StBenedictSud**



**stbensud**



# DEEP LEARNING

At St. Benedict, we are preparing students for success in the 21st century. Successful future young learners need to have critical thinking, problem solving, communication, and collaboration skills. This is why we are a Deep Learning school. Deep Learning prepares students to think flexibly and creatively.



## The 6 Cs

### CHARACTER

Character refers to qualities of the individual essential for being personally effective in a complex world including: grit, tenacity, perseverance, resilience, reliability, and honesty.

### CITIZENSHIP

Citizenship entails thinking like global citizens, considering global issues based on a deep understanding of diverse values with genuine interest in engaging with others to solve complex problems that impact human and environmental sustainability.

### COLLABORATION

Collaboration refers to the capacity to work interdependently and synergistically in teams with strong interpersonal and team-related skills including effective management of team dynamics, making important

decisions together, and learning from and contributing to the learning of others.

### COMMUNICATION

Communication entails mastery of three fluencies: digital, writing, and speaking tailored for a range of audiences.



### CREATIVITY

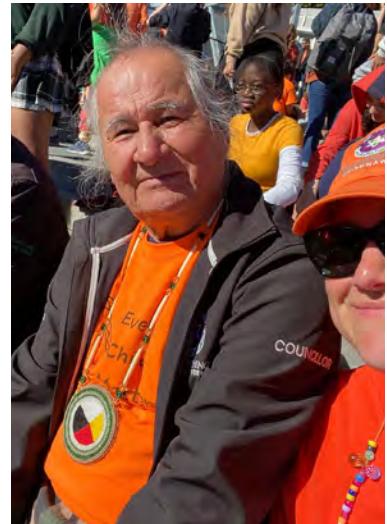
Having an 'entrepreneurial eye' for economic and social opportunities, asking the right questions to generate novel ideas, and demonstrating leadership to pursue those ideas into practice.

### CRITICAL THINKING

Critically evaluating information and arguments, seeing patterns and connections, constructing meaningful knowledge and applying it in the real world.

## INDIGENOUS CULTURE

St. Benedict C.S.S. 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. We expect that 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.



### BEING A LEGACY SCHOOL

The Gord Downie & Chanie Wenjack Fund (DWF) was created out of two families – one Indigenous and one non-indigenous – coming together to make a change, uphold Chanie and Gord's legacies, and create a pathway for the journey

toward reconciliation. The DWF Legacy Schools program helps classrooms, schools, and groups participate in the reconciliation movement. By building awareness of the true history of Canada's residential school system, this program ensures that the unique interests, rights, and perspectives of Indigenous Peoples are recognized and implemented in schools and communities throughout Canada. All participating schools and groups are encouraged to create reconciliACTIONS, which are unique and can incorporate fundraising, cultural activities, and more. St. Benedict is a proud part of this important movement.

## INTERNATIONAL STUDENTS



At St. Benedict C.S.S., we have students from all over the world who come to pursue their education here in Canada. Our international students meet every Thursday at lunch to kick back and listen to music, play games, and hang out together. The students partake in various activities each month that are planned by the staff. Founded on strong Catholic values, Sudbury Catholic Schools are committed to the principles of equity and inclusivity that enable each student to learn and grow to his or her full potential. The staff at St. Benedict is dedicated to creating a safe and welcoming learning environment to help international students feel at home in our school communities. International student programs

are individually tailored to meet student needs and interests. Our full-year, one-semester, short-term shadow experience, and summer camp program offerings allow international students to achieve a competitive academic advantage and develop English proficiency while shaping students to be the leaders of tomorrow! Countries of origin for current students include China, Hong Kong, Japan, Spain, and Vietnam. One of the most important features of the International program is that both the International Students and our students learn about different cultures in an inclusive, caring, and innovative Catholic learning environment.

# GRADE 9 COURSE SELECTION

“Education cannot be neutral. It is either positive or negative; either it enriches or impoverishes; either it enables a person to grow or it lessens... The mission of schools is to develop a sense of truth, of what is good and beautiful.”  
(Pope Francis, May 10, 2021)

## GRADE 9 ACADEMIC COURSES

Academic French: **FSF1D0**

Courses for students pursuing College or University Pathway

## GRADE 9 DE-STREAMED COURSES

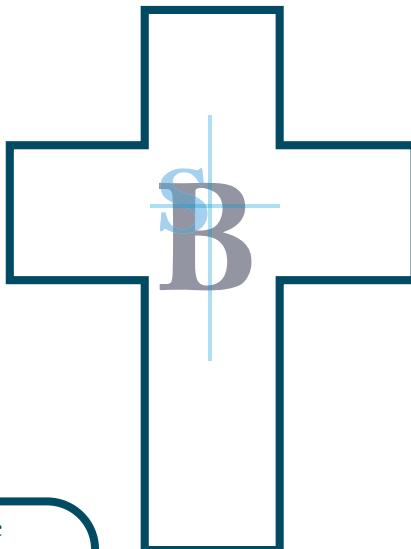
**ENL1W | MTH1W | SNC1W  
CGC1W**

All high school students will take the same English, Math, Science, and Geography course in Grade 9 which will allow for the same opportunities for all and an improved ability to pursue the pathway of their choice after their K-12 education.

## GRADE 9 LOCALLY DEVELOPED COURSE OPTIONS

**MAT1L | ENG1L | SNC1L**

Knowing that not every student will be ready for all of the Grade 9 courses right away, we have locally developed curriculum to support students and prepare them to meet the expectations of the Grade 9 courses and support their credit accumulation.



## COMMUNITY SERVICE HOURS

Students working towards their OSSD are required to complete 40 hours of community service before graduation. Students may start accumulating their hours the summer before grade 9 and any time thereafter.

## GRADE 9 FRENCH IMMERSION COURSES

Open Religion: **HRE1OI**

Academic Geography: **CGC1DI**

Academic French: **FIF1DI**

Physical Education: **PPL1OI**

## GRADE 9 OPEN SUBJECT AREAS

**Religion | The Arts | Health and Physical Education  
Technological Education**

“Open courses, which comprise a set of expectations that are appropriate for all students, are designed to broaden students’ knowledge and skills in subjects that reflect their interest and prepare them for active and rewarding participation in society. They are not designed with the specific requirements of university, college, or the workplace in mind.”

(Ontario Schools, Policy and Program Requirements, 2016)

# ADVANCED PLACEMENT

The Advanced Placement (AP) program allows Grade 12 students to take university level courses to earn credit or advanced standing at most Canadian and US Universities. The AP courses will be linked to a grade 12 University level leadership class allowing students to gain leadership experience within the school and the greater community. This gives students an edge when preparing for the AP exams as well as completing University applications. We are offering AP courses in Science, History, and French Immersion.

With Advanced Placement, you will get a head start on University-level work with the guidance of your AP teacher while still in high school. You will improve your writing skills and assume the responsibility of reasoning, analyzing, and understanding. The AP program will help you develop your critical thinking, problem solving and communication skills.

Students who take AP courses send a signal to Universities that they are serious about their education and that they are willing to challenge themselves with rigorous course work. AP will give you an advantage, as 85% of Universities report that a student's AP experience favorably influences admission decisions.



*Set yourself apart and register for the AP ADVANTAGE!*

## SPECIALIST HIGH SKILLS MAJOR

This program allows students to focus on a career path that matches their skills and interests while meeting the requirements of the Ontario Secondary School Diploma (OSSD). Students receive the SHSM seal on their diploma when they:

- complete a specific bundle of courses in the student's selected field
- earn valuable industry certifications including first aid and CPR qualifications
- gain important skills on the job through cooperative education placements.

At St. Benedict we currently offer three SHSM programs: Business, Hospitality and Tourism, Construction, and Health and Wellness. Each of these offer unique opportunities for students to explore future careers. So whether you are interested in being a Chef or Dietician, or maybe an Accountant or an Administrative Assistant, or an Architect or Designer, the SHSM program may be a great way to see your future—today!



# R.I.S.E.

## ROBOTICS, INNOVATION, SCIENCE AND ENGINEERING

R.I.S.E. (Robotics, Innovation, Science, and Engineering) is a dynamic certificate program designed to ignite curiosity and prepare students for success in a technology-driven future. Through hands-on, project-based learning, students explore the exciting world of robotics, scientific discovery, and engineering design while developing highly valued skills in coding, prototyping, data analysis, and creative problem-solving. The program emphasizes collaboration, critical thinking, and real-world applications, giving students opportunities to design, build, test, and improve solutions to authentic challenges. By engaging in this innovative learning experience, students gain practical, future-ready skills while building confidence, resilience, and a strong foundation for post-secondary pathways and careers in science, technology, engineering, and skilled trades.



## 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 various subjects in French. 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.

#### FRENCH IMMERSION

A certificate in French Immersion may be granted if a student has successfully completed the sequence of four courses in French Immersion and a minimum of six courses in other subjects taught in French.

#### SAMPLE FRENCH IMMERSION PROGRAM

Grade 9:	French (Immersion) Géographie Éducation Religieuse Éducation physique
Grade 10	French (Immersion) Histoire Études de Carrières et Civisme
Grade 11	French (Immersion) Religions du Monde
Grade 12:	French (Immersion)

#### EXTENDED FRENCH

Students looking to become more fluent in French language can take the Extended French Program. Students enrolled in this program must take a total of 7 courses taught in French including:

Grade 9:	French (Immersion)
Grade 10:	French (Immersion)
Grade 11:	Extended French
Grade 12:	Extended French

Plus an additional 3 courses taught in French.

# ELECTIVE COURSES FOR GRADE 9

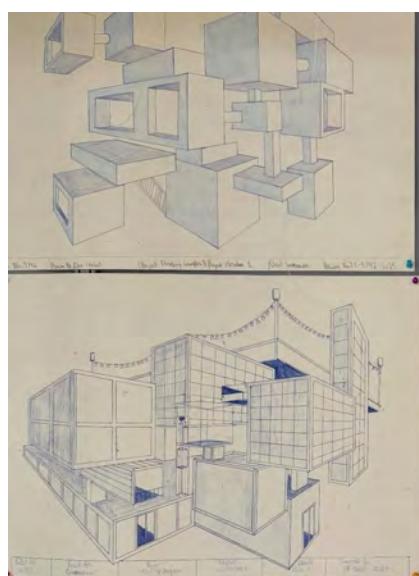
## DRAMA (ADA):

This course provides opportunities for students to explore dramatic forms, conventions, and techniques. Students will explore a variety of dramatic sources from various cultures and representing a range of genres. Students will use the elements of drama in creating and communicating through dramatic works. Students will assume responsibility for decisions made in the creative and collaborative processes and will reflect on their experiences.



## GUITAR (AMG):

This course emphasizes performance of music at a beginner level that strikes a balance between challenge and skill. Student learning will include participating in creative activities and listening perceptively. Students will also be required to develop a thorough understanding of the language of music, including the elements, terminology, and history.



## VISUAL ARTS (AVI):

This course is exploratory in nature, offering an overview of visual arts as a foundation for further study. Students will become familiar with the elements and principles of design and the expressive qualities of various materials by using a range of media, processes, techniques, and styles. Students will use the creative and critical analysis processes and will interpret art within a personal, contemporary, and historical context.

## TECHNOLOGY AND SKILLED TRADES (TAS):

This hands-on course enables students to further explore the engineering design process and develop other technological knowledge and skills introduced in earlier grades. Students will design and safely create prototypes, products, and/or services, working with tools and technologies from various industries. As students develop their projects to address real-life problems, they will apply technological concepts such as precision measurement, as well as health and safety standards. Students will begin to explore job skills programs and education and training pathways, including skilled trades, that can lead to a variety of careers.





### **EXPLORING HOSPITALITY AND TOURISM (TFJ):**

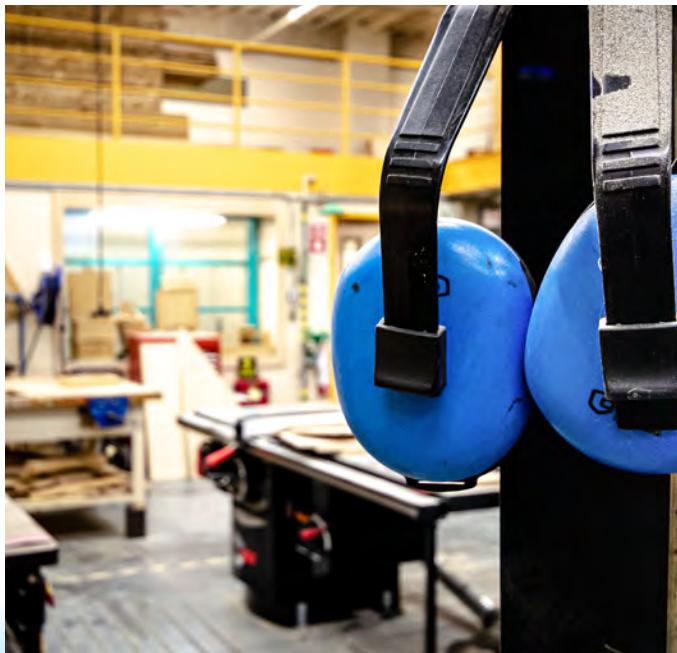
This exploratory course introduces students to concepts and skills related to hospitality and tourism, focusing on the areas of food handling, food preparation, the origins of foods, event planning, and local tourism. Students will develop an awareness of related environmental and societal issues, and will begin to explore secondary and postsecondary pathways leading to careers in the field.

### **HEALTHY ACTIVE LIVING (PPL):**

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal-setting, communication, and social skills.

### **OUTDOOR ADVENTURE (PAD):**

This course emphasizes regular participation in a variety of enjoyable outdoor activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills (hiking, orienteering); participation in a variety of activities that enhance personal competence, fitness and health; examination of issues related to healthy sexuality (co-ed etiquette), healthy eating (nutrition), substance use and abuse (outdoor therapy); and the use of informed decision-making, conflict resolution, and social skills (risk, first aid, group work) in making personal choices.



# 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 a self-contained class 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 most basic levels of the functional literacy strand.

Functional Numeracy in the life skills program focuses on the basic 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 their 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 survive on one's own, such as using kitchen appliances, laundering clothes, cooking, cleaning, and basic 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 self-contained 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.



# STUDENT SUPPORT SERVICES

## THE GUIDANCE DEPARTMENT

Guidance counselors are available to help students no matter what the question or concern. Counselors can assist you by providing individual counseling about courses, careers, and personal matters. They also provide interest inventories to help students better understand themselves and their career goals. In the Guidance area there are printed material about colleges, universities, jobs, and other opportunities.

## RESOURCE

Resource Teachers at St. Benedict co-ordinate supports and services to support 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. Resource Teachers work with students to develop self-advocacy skills as they transition to post secondary destinations.



## LEARNING COMMONS

The Learning Commons is a central space within our school where all students are welcome. We support students academically by providing printing and photocopying services as well as WiFi troubleshooting and student account login support. Laptops and iPads are available for students to use as well as other office supplies. Students also come to the Learning Commons to unwind and connect with others. Chess, puzzles, board games, book loans and a colouring wall are some examples of activities students are welcome to join in on.

## THE STUDENT SUCCESS CENTRE

The St. Benedict Student Success Room offers all students a variety of academic supports to help them meet the curriculum expectations in their courses. Services that the Student Success Room provides are:

- A Student Success Team made up of a Student Success Teacher, an Educational Assistant, and Guidance.
- An alternative setting to write tests or to work on assignments.
- One-on-One support with the Student Success Team.
- Access to technology and printing.

# EXTRACURRICULAR ACTIVITIES

St. Benedict Catholic Secondary School offers many opportunities for students to participate in extra-curricular activities. These activities are supported by the school and its staff and usually occur outside of class time. Activities include school sports teams, artistic performances, including dramatic presentations, music concerts and art shows, educational competitions and community service projects. Being involved with others in your school and in the community adds a fulfilling dimension to school life.

- Volleyball
- Basketball
- Football
- Flag Football
- Cross-country running
- Alpine Skiing
- Nordic Skiing
- Track & Field
- Badminton
- Swimming
- Soccer
- Curling
- Golf
- Baseball
- Softball
- Hockey
- Bowling
- Fitness Club
- Book Club
- Student Council
- Athletic Council
- Guitar Club
- Bears' Photography

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





**WE LOOK FORWARD TO SEEING YOU IN  
THE BEARS' DEN!**





**ST. BENEDICT CATHOLIC SECONDARY SCHOOL**  
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