



**S**  
**B** **St. Benedict Catholic  
Secondary School**

***Seek the Best***

Academics | Athletics | Clubs | Student Life



## WELCOME TO SECONDARY

### A MESSAGE FROM THE PRINCIPAL LAURA KUZENKO



Congratulations and welcome to St. Benedict Catholic Secondary School. As you reach this important milestone in your academic timeline, I assure you that we are the school to help you reach your goals. We provide opportunities for all students to reach their full potential and develop the competencies needed to achieve success in all your endeavours.

We strive for academic excellence and our committed school staff are focused on identifying your strengths and providing experiences to 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 two 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. One example would be our annual Christmas Toy Drive, which is the single largest contributor to the TD initiative each year.

Our extra-curricular program is diverse 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 and Technological Studies. 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 our excellent school community.

*Laura Kuzenko*

# 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 spiritual selves. 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.



### 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 secondary 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 he calls us to work together to create a school community that allows every student to reach their potential.

## FRASER INSTITUTE AND EQAO RESULTS

St. Benedict is recognized provincially for its outstanding academic results by both the Fraser Institute and EQAO. Over the last six years St. Benedict has been ranked the #1 Co-Ed School in the City by the Fraser Institute. We are currently placed in the top 100 schools in the province. In 2018, St. Benedict received the prestigious Dr. Bette Stevenson Award for EQAO Math. This award recognizes schools who use data to support growth in student learning which in turn promotes high achievement.

## 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?



## TERMS AND DEFINITIONS

# GO!

### COMPULSORY COURSE

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

### 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.

### PREREQUISITE COURSE

This refers to a specific course that must be successfully completed before taking another course.

### CREDIT

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

### 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.

### 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.

### 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.

### 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.



## 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
- 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



\*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.

## TYPES OF COURSES

### ACADEMIC "D"

Students will learn the essential concepts of a subject and explore related materials. Emphasis will be on theory and abstract thinking as a basis for future learning. Students should be working consistently at a level 3 or 4 in Grade 8.

Grade 9 students in Academic Courses might:

- like to work independently
- enjoy understanding the "whys"
- learn from a variety of sources
- think creatively and like to problem solve

### APPLIED "P"

Students will learn the essential concepts of a subject. Emphasis will be on the practical and hands-on applications of the concepts.

Grade 9 students in Applied Courses might:

- learn by doing
- enjoy discussion
- see connections to real life
- develop new ideas from reading
- share ideas and apply them to their own lives



### LOCALLY DEVELOPED COURSES "L"

Students will learn the most essential concepts of a subject. These courses are an important foundation for Grade 11 and 12 workplace and open courses, or for transition to Applied level courses.

Grade 9 students in Locally Developed Compulsory Courses might:

- learn from practical applications
- enjoy a variety of activities
- benefit from additional reinforcement of concepts

### OPEN COURSES "O"

Students will learn concepts and skills designed to prepare students for further studying the subject area. Expectations are designed for and appropriate for all students. Generally, the optional courses (e.g. physical education, art, etc.) are offered in the open stream. Students can have a variety of learning skills.

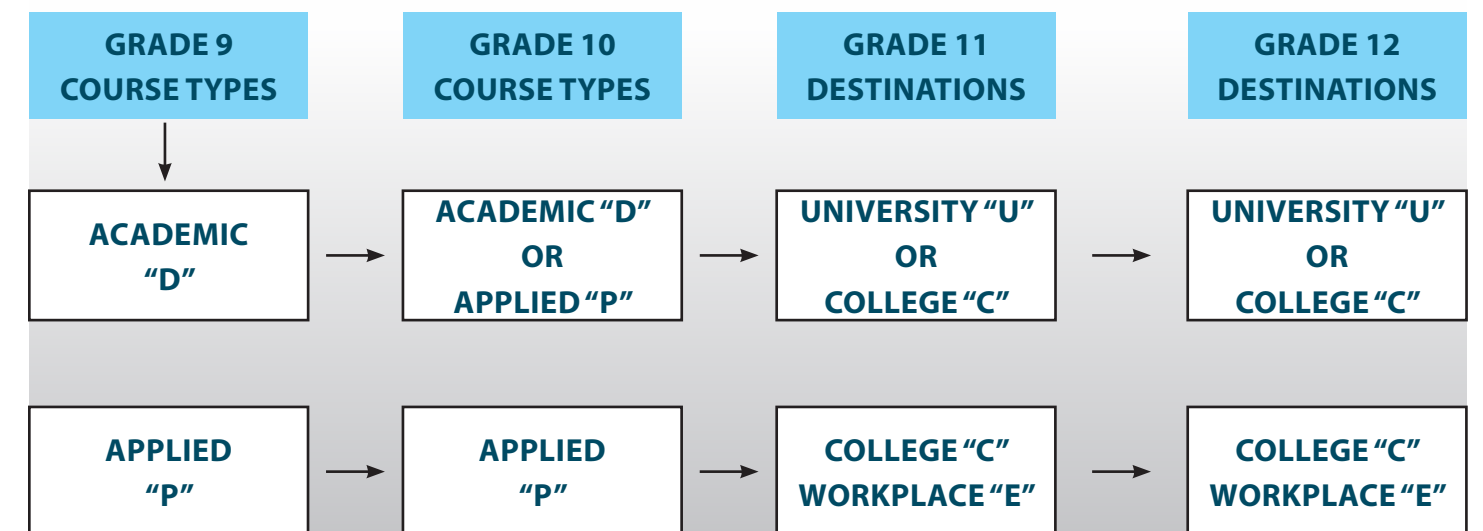


## SELECTING A PATHWAY

"WHICH ONE SHOULD I CHOOSE?"

To promote success in school and life, St. Benedict provides opportunities and support for all students to plan their individual pathways through school and for each to make a successful transition to his or her initial postsecondary destination. At St. Benedict we strive to:

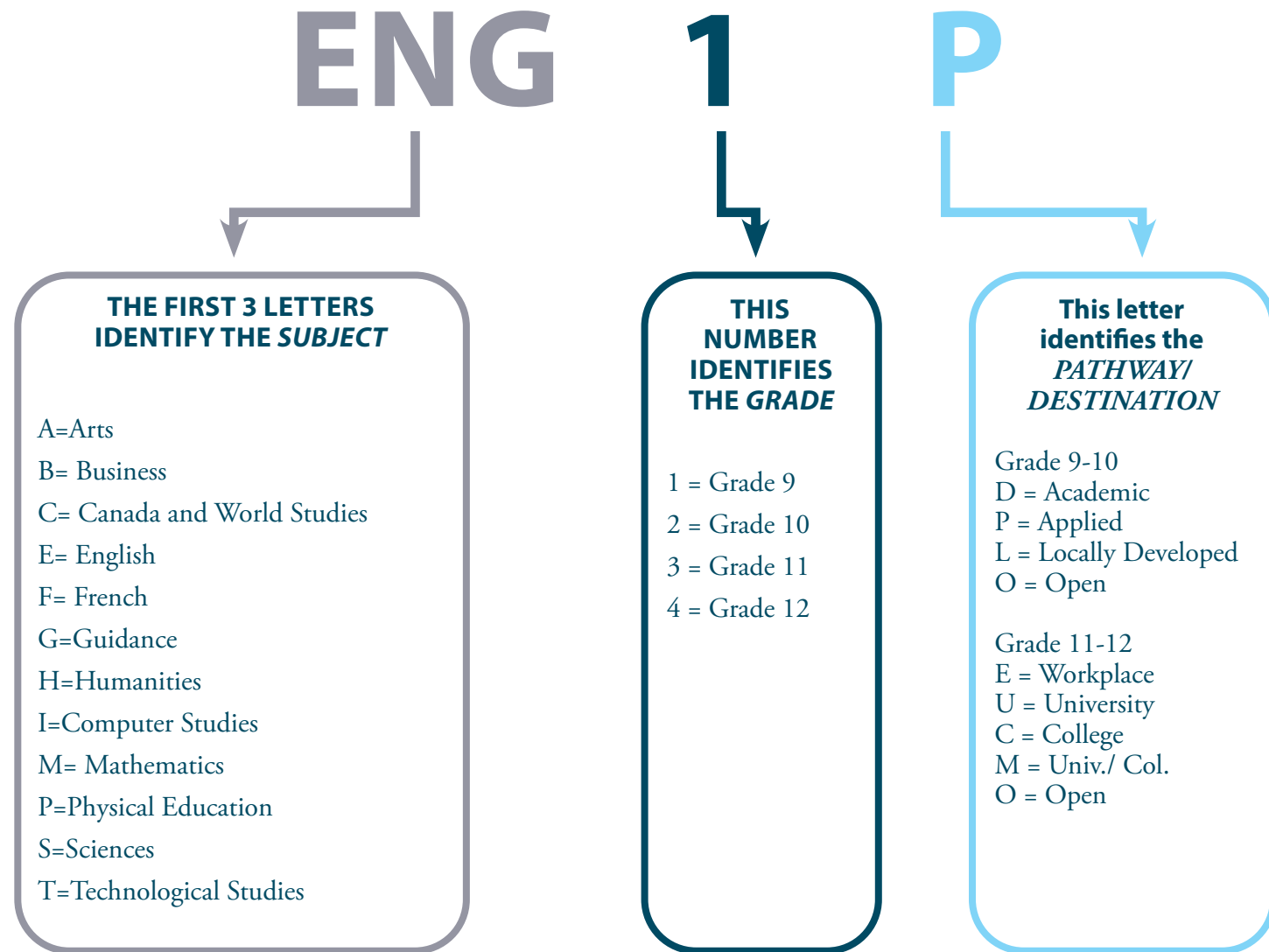
- Support students in identifying their personal interests, strengths, needs, and aspirations and in using this knowledge of themselves to inform their choices of programs and learning opportunities
- Provide a range of diverse and engaging learning opportunities, courses, and programs, both in and outside the classroom, that meet the interests, strengths, needs, and aspirations of our students. We honour all postsecondary destinations – apprenticeship training, college, community living, university, and the workplace



**SEEK THE BEST**

# UNDERSTANDING COURSE CODES

Every course in secondary school has a unique COURSE CODE. All courses have the first five characters as mandated by the Ministry of Education. The other characters usually indicate the course's section.



- COMPULSORY COURSES**
- English
  - Math
  - French
  - Geography
  - Religion
  - Science

- ELECTIVE COURSES FOR GRADE 9**
- Drama
  - Instrumental Music
  - Visual Arts
  - Integrated Technological Studies
  - Business Studies
  - Food & Nutrition
  - First Nations, Metis and Inuit Studies
  - Healthy Active Living
  - Guitar

# WHAT WILL MY SCHEDULE LOOK LIKE?



The school year is divided into two semesters. Each semester is separated into two terms. The top portion of the schedule has the student's name, grade and locker information.

**SUBJECT CODES**  
The first letter in the course code denotes the course's department area:

**Smith, Jane**      Grade 9  
Locker Number: **1234**

Period	Semester 1		Semester 2	
	Term 1	Term 2	Term 1	Term 2
1 8:25-9:47	FSF 1D0 Ms. French 206	CGC 1D0 Mr. Places 230	ENG 1D0 Ms. English 223	PPL 1O Mr. Gym Gym A
2 9:50-11:05	CGC 1D0 Mr. Places 230	FSF 1D0 Ms. French 206	PPL 1O Mr. Gym Gym A	ENG 1D0 Ms. English 223
3 11:06-11:48	LUNCH	LUNCH	LUNCH	LUNCH
4 11:51-1:06	HRE 100 Ms. Cross 109	MPM 1D0 Ms. Math 306	SNC 1D Mr. Fungi 309	AVI 1O Mr. Sketch 237
5 1:09-2:24	MPM 1D0 Ms. Math 306	HRE 100 Ms. Cross 109	AVI 1O Mr. Sketch 237	SNC 1D Mr. Fungi 309

- A = Arts
- B = Business
- C = Canadian & World Studies
- E = English
- F = French
- G = Guidance
- H = Humanities & Social Sciences
- L = International Languages
- M = Mathematics
- P = Physical Education
- S = Sciences
- T = Technological Studies

**PERIOD**      **ROOM #**      *"Semester 2, Term 1, Period 5, I have Grade 9 Open Art with Mr. Sketch in Room 237"*      **TEACHER**      **COURSE CODE**



-Mai, Japan

## INTERNATIONAL STUDENT PROGRAM

At St. Benedict we offer a welcoming, supportive and inclusive environment for our International Students.

An orientation is arranged for the students that includes a tour of the school and an initial academic English assessment that is used to develop a program that best suits the student's individual needs. They are paired with student ambassadors to help them get to know the school environment.

Our administrators, teachers and support staff organize specific field trips and transitional activities that support our international students in meeting new friends and getting acquainted with the city. Our students are able to experience a variety of cultures from around the globe and at the same time make new friends.

We offer:

- Strong ESL Programming
- Small class sizes with a focus on student achievement
- Safe and secure learning environment with an appreciation for cultural diversity
- Tailored programs to prepare students for post-secondary studies



“MY ABSOLUTE FAVOURITE PART OF BEING A STUDENT AT ST. BENEDICT IS THE FRIENDLY COMMUNITY

-Khai, Vietnam



-Lukas, Czech Republic

## DEVELOPING GLOBAL COMPETENCIES

### 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

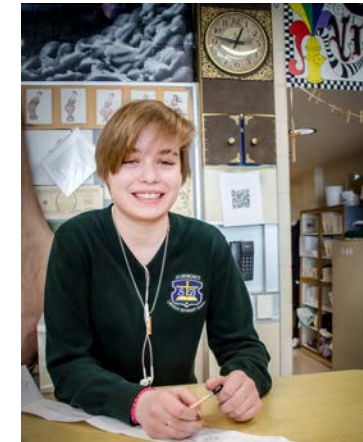
Communication entails mastery of three fluencies: digital, writing, and speaking tailored for a range of audiences.

### 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.



## 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 English, Chemistry and Economics.

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!*

APPRENTICESHIP | COLLEGE | UNIVERSITY | WORKPLACE

### Specialist High Skills Major

#### HOSPITALITY AND TOURISM

- Hospitality and Tourism: Cooking
- Food and Culture
- Outdoor Education

## 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 two SHSM programs: Business and Hospitality and Tourism. 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, the SHSM program may be a great way to see the future—today!

APPRENTICESHIP | COLLEGE | UNIVERSITY | WORKPLACE

### Specialist High Skills Major

#### BUSINESS

- Introduction to Financial Accounting
- Business Leadership
- Marketing: Goods, Services and Events
- Analysing Current Economic Issues

## FRENCH IMMERSION AND CORE FRENCH



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
Grade 10:	French (Immersion) Histoire Études de Carrières et Civisme Éducation Religieuse
Grade 11:	French (Immersion) Étude des Religions
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.

## 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 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.

## JUNIOR LEVEL ELECTIVE COURSES FOR GRADE 9 AND 10

### 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.



### INSTRUMENTAL MUSIC (AMU):

This course emphasizes the creation and performance of music at a level consistent with previous experience and is aimed at developing technique, sensitivity, and imagination. Students will develop musical literacy skills by using the creative and critical analysis processes in composition, performance, and a range of reflective and analytical activities. Students will develop an understanding of the conventions and elements of music and of safe practices related to music, and will develop a variety of skills transferable to other areas of their life.

### 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.

### INTEGRATED TECHNOLOGY STUDIES (TIJ):

This course enables students to further explore and develop technological knowledge and skills introduced in the elementary science and technology program. Students will be given the opportunity to design and create products and/or provide services related to the various technological areas or industries, working with a variety of tools, equipment, and software commonly used in industry. Students will develop an awareness of environmental and societal issues, and will begin to explore secondary and postsecondary education and training pathways leading to careers in technology-related fields. (Students can continue Technological Studies in Grade 10 with focus classes in Automotive and Woodworking)

### INTRODUCTION TO BUSINESS (BBI):

This course introduces students to the world of business. Students will develop an understanding of the functions of business, including accounting, marketing, information and communication technology, human resources, and production, and of the importance of ethics and social responsibility. This course builds a foundation for further studies in business and helps students develop the business knowledge and skills they will need in their everyday lives.

### FOOD AND NUTRITION (HFN):

This course explores the factors that affect attitudes and decisions about food, examines current issues of body image and food marketing, and is grounded in the sciences. It will investigate our Canadian food heritage and food industries, as well as global food issues. The course also introduces students to research skills related to food and nutrition.

### EXPRESSING ABORIGINAL CULTURES (NAC):

This course examines Aboriginal cultures in Canada through an exploration of art forms – painting, sculpture, storytelling, dance, and music – created by Aboriginal artists. Students will learn to identify Aboriginal art forms and describe relationships between the art forms and Aboriginal traditions, philosophy, and culture. Students will also create their own art forms to express their understanding of Aboriginal identity, relationships, and sovereignty.

### 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
- International Travel Club
- Book Club
- Student Council
- Athletic Council
- Breakfast Club
- 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  
2993 ALGONQUIN ROAD  
SUDBURY, ONTARIO  
P3E 4X5  
PH. 705-523-9235

[www.st-benedict.sudburycatholicschools.ca](http://www.st-benedict.sudburycatholicschools.ca)



**St Benedict Catholic  
Secondary School**



**StBenedictSud**



**stbensud**