

# HWCDSB Learning at Home Supports for Grades 9-12



A reflection during this time of physical isolation:  
**Lockdown**  
by Brother Richard Hendrick  
(A Capuchin Franciscan priest in Ireland)

Yes there is fear.  
Yes there is isolation.  
Yes there is panic buying.  
Yes there is sickness.  
Yes there is even death.

But,  
They say that in Wuhan after so many years of noise  
You can hear the birds again.  
They say that after just a few weeks of quiet  
The sky is no longer thick with fumes  
But blue and grey and clear.

They say that in the streets of Assisi  
People are singing to each other  
across the empty squares,  
keeping their windows open  
so that those who are alone  
may hear the sounds of family around them.

They say that a hotel in the West of Ireland  
Is offering free meals and delivery to the housebound.

Today a young woman I know  
is busy spreading fliers with her number  
through the neighbourhood  
So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples  
are preparing to welcome  
and shelter the homeless, the sick, the weary  
All over the world people are slowing down and reflecting  
All over the world people are looking at their neighbours in a new way  
All over the world people are waking up to a new reality  
To how big we really are.  
To how little control we really have.  
To what really matters.  
To Love.

So we pray and we remember that  
Yes there is fear.  
But there does not have to be hate.  
Yes there is isolation.  
But there does not have to be loneliness.  
Yes there is panic buying.  
But there does not have to be meanness.  
Yes there is sickness.  
But there does not have to be disease of the soul  
Yes there is even death.  
But there can always be a rebirth of love.  
Wake to the choices you make as to how to live now.  
Today, breathe.

Listen, behind the factory noises of your panic  
The birds are singing again  
The sky is clearing,  
Spring is coming,  
And we are always encompassed by Love.  
Open the windows of your soul  
And though you may not be able  
to touch across the empty square,  
Sing

## RELIGIOUS EDUCATION RESOURCES

### Daily Tweets from Pope Francis:

<https://www.daily-prayers.org/prayers-for-pope/prayer-for-pope-francis/>

### Sacred Space/Our Catholic Community:

In celebration of this liturgical season of Lent, the Our Catholic Community, Hamilton-Wentworth Catholic District School Board's online sacred space, was created to provide an opportunity for members of HWCDSB to come together as a community in prayer and reflection as we wait in joyful hope for the coming of our Lord and Saviour, Jesus Christ. See the "Sacred Space" or "Our Catholic Community" icon on the myClass/LMS webpage.

<https://hwcdsb.elearningontario.ca/d2l/home/3570381>

### Attending Mass online:

St. Patrick's Parish is closed, but masses are being live streamed on their [Facebook Page](#) at the following times: Weekdays (Tues-Fri) 12:15pm and Sundays 11:30am and 7:15pm

Also, daily mass celebrated at Loretto Abbey in Toronto can be viewed on YouTube at:

<https://dailytvmass.com>

### Stepping out in Rome:

As is the case with so many churches at this time, due to the Coronavirus pandemic, St. Peter's Basilica in Rome is also closed to visitors. But you can take a virtual walking tour of this beautiful sanctuary at:

<https://www.youtube.com/watch?v=0B54PR2kvWE>

### Christian Meditation Resources:

A Christian Meditation app which can be downloaded to personal devices is available at:

<https://www.wccm.org/content/new-wccm-app>.

This app is for anyone new to meditation as well as anyone who has been meditating for some time, where they can find a gateway of resources from the World Community for Christian Meditation. This is an easy to navigate app with the most up-to-date resources and useful links to the World Community for Christian Meditation websites.

### An Active Citizenship Assignment from Development and Peace:

In this [Active Citizenship Assignment](#) learners will discover 7 Catholic Social Teachings, the "5 Es of Citizenship" and apply their learning by examining case studies from D&P's five decades of action for the poor and vulnerable.

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## ACCESSING SUPPORTS FROM HOME

<p><b>MENTAL HEALTH &amp; WELL-BEING</b></p>	<p>Please visit School Mental Health Ontario at <a href="https://smho-smso.ca/blog/how-to-support-student-mental-health-during-the-covid-19-pandemic/">https://smho-smso.ca/blog/how-to-support-student-mental-health-during-the-covid-19-pandemic/</a>. The information found using this link was designed specifically for secondary students, and contains information related to:</p> <ul style="list-style-type: none"> <li>• What can I do to take care of my mental health while I'm not in school?</li> <li>• How do I know if I should reach out for help about my mental health?</li> <li>• What do I do if I'm worried about a friend?</li> </ul>
<p><b>MATH</b></p> <p>CEMC Courseware &amp; CEMC at Home Resources</p>	<p>The Centre for Education in Mathematics and Computing (CEMC) courseware materials feature lessons, interactive activities, enrichment challenges, and unlimited opportunity for practice with feedback</p> <ul style="list-style-type: none"> <li>• Grades 9, 10, and 11 Courseware: <a href="https://www.cemc.uwaterloo.ca/resources/courseware/grade-9-10-11.html">https://www.cemc.uwaterloo.ca/resources/courseware/grade-9-10-11.html</a></li> <li>• Grade 12 Advanced Functions: <a href="https://courseware.cemc.uwaterloo.ca/8">https://courseware.cemc.uwaterloo.ca/8</a></li> <li>• Grade 12 Calculus and Vectors <a href="https://courseware.cemc.uwaterloo.ca/11">https://courseware.cemc.uwaterloo.ca/11</a></li> </ul> <p>In addition, <i>CEMC at Home</i> has been developed to support teachers, students and parents during these challenging times. The resources will include games, new problems to solve, applications, videos, pointers to existing materials and more. <a href="https://cemc.uwaterloo.ca/resources/cemc-at-home.php">https://cemc.uwaterloo.ca/resources/cemc-at-home.php</a></p>
<p><b>LITERACY</b></p> <p>Literacy Resource LMS Site</p>	<p>This site provides students with access to reading and writing activities. Journal writing prompts, articles and videos for students to engage with will be added regularly. In addition, the site also includes literacy skill building modules for students to work through. The modules provide lessons, corresponding activities and diagnostic assessment through the use of quizzes. <a href="https://hwcdsb.elearningontario.ca/d2l/home/16052980">https://hwcdsb.elearningontario.ca/d2l/home/16052980</a></p>
<p><b>PATHWAYS</b></p> <p>Edge Factor</p>	<p>Edge Factor provides free quality cinematic videos and activities for grades 9-12 students to discover industries, careers, and pathways. This engaging resource contains lessons on soft skills and inspirational stories of real-life people and local businesses. <a href="http://edgefactor.com/student-browse">edgefactor.com/student-browse</a></p>
<p><b>Learning at Home Ministry Resources</b></p>	<p>Find supplementary resources for elementary and secondary students to practice math and literacy skills and learn at home. <a href="https://www.ontario.ca/page/learn-at-home#section-1">https://www.ontario.ca/page/learn-at-home#section-1</a></p>