

A Celebration of... Students

Congratulations to our Graduates. Our mission is never more evident that when we celebrate the graduation of our students. It is a culminating activity that recognizes the work and commitment of parents, staff, parish, community, and especially our students. Graduation from a Catholic Secondary School is a great accomplishment on the road of life and a sign Christ alive in our world. Congratulations to our Graduates of 2007 -2008, all 360 of them! We do apologize for the 'standing room' only situation for those who did not get a seat; we are glad so many wish to join us on this momentous occasion. We will be looking into creative ways to accommodate the size of this ever supportive community. Go Saints.

- Mr. J. McKinnon, Principal

Administrative

WHO IS YOUR ADMINISTRATOR? The administrative contact for your son or daughter is based on your last name; for A to F your contact is [Mrs. Daly](#), for G through O your administrator is [Mr. Bellini](#), and for P through Z your administrator is [Mrs. Leusink](#). As always, feel free to contact our principal, [Mr. McKinnon](#) if you need to.

If your son or daughter is absent from school on a particular day, please try to call the school by noon that day. **The direct phone line for the attendance office is (519) 621-4001.**

As the weather starts to get cooler, students will start wearing coats and sweaters for warmth. We take this opportunity to remind you that non-uniform clothing is not permitted in the classrooms. Students who want to wear a sweater in class must wear a Benny's sweater with the **B** logo. These can be purchased at Mark's Work Warehouse.

Academic

SAINTS LEADING BY EXAMPLE

By Mr. A. MILARDOVIC, with files from Miss C. STOCKIE

SBCSS Staff have embarked on a new initiative to celebrate student accomplishments. Recently, they received several business cards with which they could nominate a student--in any grade--for demonstrating excellence in one or more of the following categories: academic excellence, dependability, accuracy, working relationships, and respect.

The purpose of this school-wide, year-long initiative is to celebrate the accomplishments of those students in our community who are truly exceptional, but who may get "missed" at an academic awards night, or an athletic banquet, or even an arts banquet. They may have perfect attendance, or be strong academically (but not #1), or be a very responsible young adult, or be able to create wonderful and respectful relationships with students and staff alike, or be dependable--always!

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Teachers are asked to take a moment to consider nominating their "best kid" (not top 10), fill out a card, give it to the student, and they can drop it off in the container in the main office. It is the intention of the committee to have bi-weekly draws for student winners. Prizes will include gift certificates, spirit wear, or other merchandise from businesses in our community.

If you have a business and would like to make a contribution to the prizes for our students, please contact [Miss Stockie](#) or [Mr. McKinnon](#).

ARTS DEPARTMENT TO HOST GRADE 8 WORKSHOPS!

By Mr. M. HUEMILLER

OSSLT (LITERACY TEST) Attention all Grade 10 parents! The literacy test will be written on April 2, 2009. Stay tuned for information on a parent night as well as handy tips to help your son or daughter prepare for this test.

MATH CREDIT RESCUE The math department is running Math Credit Rescue after school on Mondays and Thursdays from 2:40-4:00. During this time, students from ANY grade level can receive tutoring, homework support, or be given the time/opportunity, in consultation with their classroom teacher, to "rescue" summative assessments (test, quizzes, assignments) that students have had difficulties with. To participate, a student must get a letter from their math teacher, and must return it signed by a parent or guardian.

HOMEWORK CLUB Homework help is available again after school in room 224. Get some free teacher support after school, Monday to Thursday each week. Computers are available for students to do and print assignments.

and assignments. In the world of literacy, writing is as important as reading is. To further encourage your son/daughter to be a better and more effective writer, have them journal at home. You can use what are called "lead-ins" to help them. Some lead ins to use are:
I wonder...
Comparing the two....
What if...?
A problem I am having is....
The easiest part was....
My worry is...
How might I...
Have them write about issues or ideas first and then talk about it. Or simply have them write for 20 minutes on any of the above, or others sentence starters you want.

Clubs & Athletics

JUNIOR FOOTBALL SHINES IN DEBUT YEAR

By Mr. J. VALE

The Junior Football team had an incredible first year! Coaches Lowes and Vale had the pleasure of working with a dedicated group of Grade 9's and 10's who have worked extremely hard since the beginning of September and have accomplished something that no other St. Benedict football team has done.....an undefeated season! The boys won all six of their regular season games, as well as winning their division. As a result, the boys will face a very strong Cameron Heights team in the "A" Division Playoffs. The team has been led by standout runningback Kyle Americano as well as linebacker Robin Petrie. With this fine group of athletes, the St. Benedict football program will be dominant for years to come!!

CROSS-COUNTRY TEAM 2008

By Mr. F. WITTMANN

The "loneliness of the long-distance runner" is a sentiment not shared at St. Benedict's where six complete cross-country teams totaling 45 runners have represented the school with pride this season.

At the District 8 Championship Meet, the team captured the Overall Boys Title for the 9th time in the past 11 years. Senior Boys and Junior Boys teams won gold, while the Junior Girls team took the silver and helped Bennies achieve third place in the Overall Girls title.

Individual medalists at D8 were Catherine Umolac (gold), Justin Power (silver), and Kyle MacFarlane (bronze).



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Despite their best efforts, the Senior Boys missed qualifying to OFSAA by one place, achieving a very respectable third place among 34 teams at CWOSSA.

The team also enters community races. Dan Smith won the bronze medal at the Halloween Hustle at Shades Mill and led the school team to a second place finish. Coaches F. Wittmann, M. Booth, D. Groves, and J. Porto look forward to future success at the Jingle Bell Run on Nov. 24.

If there is sufficient demand, a winter running group will take place as well.

The team wishes all the best to its graduating members: Ricky Pooran, Graeme MacDonald, Evan Wittmann, Nixon Rithvixay, Eric Laranjeiro, Kyla Tanner, Tia Semplonius, Kristin Newman, Marina Pinato, and Teresa Tran.

VOLLEYBALL Any girls in grade 9 and 10 who are interested in trying out for the JUNIOR GIRLS' VOLLEYBALL TEAM please meet in the gym hallway on Thursday, October 30, after school. Please see Mrs. Tyszka if you have any questions.

HOCKEY Varsity Boys Hockey Tryouts

Pick up your tryout form from the Phys Ed office. *Forms and money must be returned before you step on the ice.*

Mon. Nov 3 @ 3:30 @ Ice Park

Tues. Nov 4 @ 2:30-4:30 @ Hespeler 2

Wed. Nov. 5 @ 3:30 @ Ice Park

Thurs. Nov. 6 @ 3:30 @ Ice Park

BASKETBALL All grade 9 & 10 boys' basketball players are invited to come out to open gyms every Wednesday morning, 7:00am – 8:05am. Get ready for November tryouts! For more information see Coach Fratarcangeli.

CURLING Curling has experienced a large increase in interest at St. Benedict School in recent years. Each year, the Galt Country Club generously offers its ice surfaces to Cambridge high school students at a subsidized cost. Curling at St. Benedict is open to all students, regardless of skill or experience. Our focus this year is been on recreation and skill development, in order to build a strong foundation for teams in the future.

We are looking forward to several exciting upcoming curling events, such as the "Teacher vs. Student" bonspiel and the city-wide playdowns, with students participating from five Cambridge high schools.

Parents and students that would like to find out more about curling at St. Benedict are encouraged to contact Mr. Fage or Mrs. Vopni. Curling begins on Thursday, November 6.

GET FIT! The **Fitness center** is up and running! Muscles have grown in the fitness centre since the last newsletter! Come in to see for yourself. Better yet, come grow some of your own! We are open to all seedlings, students or staff, Monday through Thursday, 2:30 to 3:30.

GUITAR CLUB runs every Monday, 2:30 to 3:30 pm in room 103. Everyone is welcome!

Other News

GRADE 10 ACE CLASS CLIMBED THEIR FEARS AT PARADISE LAKE

By ANTHONY DAVIDSON

Mr. Vale and Ms. Novakovich took their class to Paradise Lake on October 9th. This field trip included an activity called the "Leap of Faith". Students and teachers had to climb up a 12 foot log and then jump to a bar and hang on for dear life. One of my classmates was scared of heights, but I convinced him to go up and do the leap of faith. He did it and thanked me after for my support. That felt good and made me feel great. I am not going to lie to you, I do not like heights either and I said to him, "If you do it, I will too", and so we did. It was nerve wracking for sure. Mr. Vale and Ms. Novakovich did it as well, like it was easy.

I learned to face my fears and to encourage others to face their fears. If you encourage others you will feel great, like I did today!!!

CHAPLAIN NEWS

By MR. B. REMPEL

Mission collections continue to meet needs. The staff and students donated \$438.50 to the Aiden Monteiro Trust Fund to help the Cambridge youngster continue his battle against cancer. The Cambridge Self Help Food Bank was the recipient of 2503 pounds of food and \$505.92. Our current project is raising funds for the United Way of Cambridge.

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St. Benedict Social Justice Club (SJC) acknowledged World Food Day on October 16 by calling the day, "End Hunger - Fast". Students and staff were encouraged not to eat between breakfast and supper. Over 150 responded to the challenge and wore an orange ribbon to signify their commitment. A prayer service was held over each lunch hour which presented statistics on poverty and hunger as well as strategies for dealing with the issues. Students also signed a poster encouraging all to End Hunger Fast.

Grade 10 retreats were held for all students in religion classes. We went away for a day, focusing on the theme: Take Care of: Yourself, Others and Creation. We walked and talked, prayed and played and, of course, ate.

TAKE YOUR KID TO WORK DAY NEXT WEDNESDAY

By MR. M. AMBEAU

Attention grade 9 parents! On November 5th, 2008 all grade nine students have the opportunity to participate in "Take your Kid to Work Day!!", this great opportunity will let your son or daughter job shadow you for the day. All forms must be signed and returned before the November 5th deadline. If your work for some reason is unable to have students there, you could try another family member. If you are unable to participate in this day, it is expected that your child will come to school for regularly scheduled classes. Have a wonderful day with your son or daughter!!!!

SCHOOL DANCE

On Thursday, November 6, we will be holding our first school dance of the year. School dances go from 6:30 to 10:30. The theme for the dance is "When I Grow Up". Students are encouraged to come to the dance in the costume of their future dream self. Admission for students in costume is \$4, \$5 without. Students must bring their student ID, bags and purses are checked at the door.

ST. BENEDICT TO HOST JAPANESE STUDENTS

St. Benedict's will be host to a group of 106 boys aged 14/15 and their teachers from Hakodate La Salle Catholic High School in Japan. They will be visiting from December 13th to 21st. Host families are needed to billet one boy each and are paid \$200.00 to help with their additional expenses. If you have room to take one of these boys and would like to make a new friend and have an amazing cultural experience please contact: [Ev Widarski](#), MLI Homestay Coordinator, 519-624-8316.

SCHOOL COUNCIL MEETING Parents are invited to get involved in the St. Benedict community by joining our school council. Our next meeting will be Thursday, November 27 at 7:00 pm in room 103. New members are always welcome.

If you are interested in helping with school council activities, but cannot commit to the monthly meetings, we still want to hear from you! Send an email to our principal, [Mr. McKinnon](#), or to one of the school council co-chairs, [Belinda Lutes](#) or [Andrew Bagley](#).

"HELP IN UNDERSTANDING YOUR TEEN"

A PRESENTATION BY DR. JEAN CLINTON

On November 19th, you are invited to a joint presentation of the Monsignor Doyle and St. Benedict school councils. Dr. Jean Clinton, Child and Adolescent Psychologist, will be giving a talk for parents and teachers. If you have not heard her before, she is very entertaining, informative and straight to the reality of understanding adolescent development and brain research. The presentation will take place at Monsignor Doyle at 7:00pm. The poster for the event in PDF format can be downloaded [here](#).

SAVE THOSE ZEHRS TAPES! All period 1 homerooms recently received a shoe box for their Zehrs tapes. The homeroom with the highest total receipts will win a class-wide prize before Christmas holidays! Money raised goes towards the Math Department's purchase of TI-Nspire CAS graphing calculators!

Dates to Remember

October 30: Take our Kids to Work Day forms due!
October 31: Hallowe'en: dress-up day
November 5: Grade 9 Take our Kids to Work Day (students not signed up *must* go to school)
November 6: Opening dance, 6:30 - 10:30 pm
November 7: Professional Activity Day
November 11: Remembrance Day

Miscellaneous

We want to know what you think and how we can improve communication with you. Please email the Newsletter editor from the link below. Check out our website at <http://stbenedict.wcdsb.ca> for news and information updates.

Pass it on! Encourage other parents to join our emailing list! We've now put an image right on the Benny's homepage--click on the icon, and fill in the form, and voila! There are currently **170** people on the list.

This newsletter is also available on the school website if you [click here](#). You may want to send this link to other parents rather than forward your email--doing so may alter the layout and generate the page incorrectly.

Any comments? [Send us an email!](#)