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The Benny's Electronic News Network newsletter is a publication of St. Benedict C.S.S. in Cambridge, Ontario. It is distributed every second Wednesday during the school year using the WCDSB Newswire service. Any questions or comments pertaining to this publication can be sent to the editor [Anton Milardovic](#) or the school's principal [Jamie McKinnon](#).

BENN STAFF

[Mr. Anton Milardovic](#)
[Mrs. Sophia Adach](#)
[Mr. Kevin Fratarcangeli](#)

NEXT ISSUE

April 28, 2010

Note from Administration

Despite our efforts to get Mr. McKinnon to write something for this issue, he couldn't be reached for comment. We think he's somewhere outside enjoying the nice weather. ;-)

Unless you're reading this on your laptop out on the patio, we encourage you to turn off the computer, and get outside and enjoy the sunshine as well!

Mr. McKinnon will be back in our next issue of the BENN, just in time for Catholic Education Week.

– Editor

Administrative

CATHOLIC EDUCATION WEEK: MAY 3 TO 7

BY MRS. S. BEAUCAGE

Rejoice in the Lord always ... and the God of peace will be with you. (Phil 4:4,9)

In a world that often fixates on the negative, divisive and cynical, the goodness and giftedness that comes from our school and other Catholic schools can be overlooked. This

year's Catholic Education Week (May 2-7) celebrates our schools with this theme: Catholic Education: Rejoicing in Hope. The scriptural text comes from St. Paul's letter to the Philippians where he writes, "Rejoice in the Lord always ... and the God of peace will be with you.: (Phil 4:4,9) We have accomplished many wonderful things this year; let's take some time during Catholic Education Week to celebrate them!

There are five sub-themes during Catholic Education Week:

- Hope in Our Hearts
- Hope in Our Homes
- Hope in Our Schools
- Hope in Our Communities
- Hope in Our World

This year we have prepared a series of activities to highlight why our school should "Rejoice in Hope" including:

- A series of guest speakers
- Daily Prayer
- A St. Benedict Community Mass on Tuesday, May 4th at 7 pm, celebrated at St Mary of the Visitation Parish, 16 Cooper Street, Cambridge.

We hope to see many of you at our Community Mass on May 4 at St. Mary and invite you to pray along with us during Catholic Education Week:

Loving God,
We praise you and we bless you.
Give us wisdom and courage to be messengers of hope in our world.
Let us be marked with integrity and unity in our vocations,
 To be living signs of your joyful hope.
Help us dispel clouds of despair and doubt.
When we flag, bring us back to the Gospel.
Help us to reach beyond our comfortable boundaries
 To those who need your love and justice.
May our schools teach peace to the world through their words and witness.
May we speak for our beautiful yet wounded planet,
 To take bold steps towards our healing.
May we continue to dream that one day our entire world will Rejoice in Hope.
We make this prayer in the name of Jesus, Light of the World.
Amen!

NEW SPECIALIST HIGH SKILLS MAJOR-ENERGY

BY MR. S. KRITZ

Students considering a career in the fields of Energy Production, Energy Conservation or Energy Distribution are encouraged to register for the new Energy - Specialist High Skills Major (SHSM). Students registered for this SHSM major will receive the benefit of additional learning experiences and industry training sessions related to the Energy sector.

This opportunity is available to students planning on going to University, College, Apprenticeship or straight to the Workplace.

SHSM Majors offered at St Benedict CSS are:

- Arts and Culture
- Business

**ST. CLEMENT'S
PRESENTS...
TEEN MINISTRY: CARRY
THE TORCH**

- Construction
- Environment
- Energy
- Health and Wellness
- Hospitality and Tourism
- Information and Communications
- Justice and Community Safety
- Manufacturing
- Transportation

More information and registration forms can be found by visiting your guidance department or going to www.HighSkills.ca.

A three week leadership workshop for youth in grades 7-12 taking place in the youth space at St. Clement's Parish in Preston on the following dates from 7:00 to 8:30pm:
 Tuesday, March 30th
 Tuesday, April 27th
 Tuesday, May 25th

Bring your friends and come on out...you won't want to miss it!

Got Questions??? Contact Courtney, the Youth Ministry Coordinator, at 519-954-8435 or stclementsyoung@gmail.com.

WHO IS YOUR ADMINISTRATOR?

The administrative contact for your son or daughter is based on your last name:

A to F: [Mrs. Beaucage](#)

G to O: [Mr. Bellini](#)

P to Z: [Mrs. Leusink](#)

As always, feel free to contact our principal, [Mr. McKinnon](#).

HATS AND CELL PHONES: PUT THEM AWAY, OR LOSE FOR A DAY!

Hats and cell phones should be off, and in student's lockers during the school day. Hats are not part of the school uniform, so they should not be worn in the school. Cell phones are distracting and hinder student progress, they should be off and put away.

Students who choose to wear hats or use cell phones in the school may have those items confiscated for the day and will be consequence.

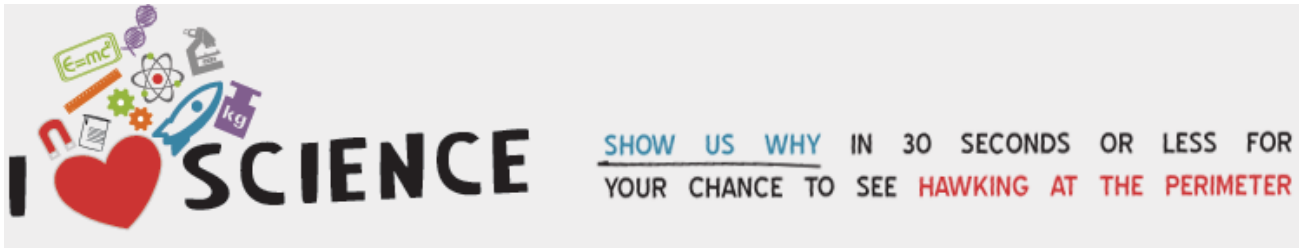
BENNY'S STAFF BIOS

STAFF HAVE GOTTEN SHY... WE'LL BE BACK IN THE NEXT ISSUE!

Academic

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN



I ❤️ SCIENCE SHOW US WHY IN 30 SECONDS OR LESS FOR YOUR CHANCE TO SEE **HAWKING AT THE PERIMETER**

ABOUT THE CONTEST

Perimeter Institute wants to hear from Canadian high school students who are passionate about science. Produce a 30 second or less video on why you love science. Then, submit your video and register online for a chance to win an all expenses paid round-trip to *Hawking at the Perimeter* on June 20, 2010.

WHO?

The contest is open to all Canadian students in grades 9 through 12, who are between the ages of 14 and 19, and are enrolled full-time in a Canadian public, private or home school. Students must be Canadian citizens or legal residents living within Canada or its territories.

WHEN?

Submit your entry for the contest between Saturday, April 10 and Saturday, May 10, 2010.

MATH CONTEST NEWS!

BY MISS C. STOCKIE

This year, Bennies saw a record level of participation in the University of Waterloo's Junior Math Contests. We had some fantastic results, and the following students deserve special recognition for finishing within the top 25% of all students contestants across North America:

Grade 9 Pascal Contest: Jasmine Cowen and Mitchell Hall (tied as school champions too)

Grade 10 Cayley Contest: Nathan Schmidt (medal winner as school champion), Jenna Jenkins, Sabrina Sikora, Ryan Hall and Andy Nguyen

Grade 11 Fermat Contest: Evan Peng (medal winner as school champion), David Li, Daniyal Abdali and Ara Cho

We are anxiously waiting to hear about results for our Grade 12 Euclid Contest results, as well as those that took part in the U of W "Elite" Contests earlier this month.

Congratulations to all students that took the time to rise to the challenge! We look forward to presenting all these awards in the fall at the 10th Annual Awards Night Celebration!

Stay tuned to BENN News for details about the 3rd annual Waterloo Catholic District School Board Math Olympics, happening in May. We will be gathering team members from all grades to compete in this team-focussed Problem-Solving competition.

Clubs & Athletics

TENNIS TEAM ABOUT TO RAISE A RAQUET

Any grade 9 or 10 boys and girls interested in being part of the junior tennis team are asked to attend a brief meeting in the lecture hall right after school on Monday, April, 19. Practices will start Wednesday, April 21 weather permitting.

If you have any questions please see Mrs. Crowell in the Coop office (second floor).

ULTIMATE FRISBEE

Looking for a fast paced and highly exhilarating new sport to play? Come on out for the Saints CO-ED Ultimate Frisbee Team. Tryouts continue! This sport is open to all boys and girls grades 9 - 12. Next tryout is schedule for Friday, April 16 at 2:30 in Gym 1. If you have any questions please see Mr. Betik or Mr. Dufresne. See the ranger for more details.

GIRL'S SOFTBALL

Tryouts begin April 19 (next Monday) at 2:30. Plan on going outside.

BASKETBALL SUMMER CAMP FOR BOYS & GIRLS ENTERING GRADE 1 TO 9 JULY 12 - JULY 16, ST. BENEDICT CATHOLIC SECONDARY SCHOOL

Boys and girls basketball players entering grades one to nine are invited to participate in five action-packed days of basketball drills, games and competitions.

Our camp has age-specific programming which provides each camper with the chance to improve their skills and gain a thorough understanding of the game of basketball in a fun and encouraging environment. We strive to have the finest teacher-coaches possible to deliver a thorough program to our campers in a favourable camper-to-coach ratio.

All campers will receive a Saints Camp T-shirt, a certificate of achievement, a written evaluation of their play and a package of drills and individual fundamentals to take home. No experience is necessary. Check out the brochure to see more. Don't miss out on the action... register today!

Looking for something fun and exciting to do this summer!

St. Benedict Basketball Camps 2010

July 12 – July 16
For Boys & Girls
Entering Grades 1 to 9

PROGRAM FEATURES

- ☛ AGE SPECIFIC DIVISIONS
- ☛ CAMP T-SHIRT FOREACH CAMPER
- ☛ CERTIFICATE OF ACHIEVEMENT
- ☛ COACHES' INDIVIDUAL EVALUATION
- ☛ PACKAGE OF AGE SPECIFIC DRILLS AND FUNDAMENTALS TO TAKE HOME
- ☛ INDIVIDUAL AND TEAM COMPETITIONS
- ☛ AWARDS AND PRIZES
- ☛ SPECIAL GUEST LECTURERS AND MUCH, MUCH MORE!



FORMORE INFORMATION OR APPLICATION BROCHURE CONTACT:

**JOHN MALNERICH AT
ST. BENEDICT CATHOLIC SECONDARY SCHOOL
519-621-4050 EXT 250
OR
SEE OUR WEBSITE AT stbenedict.wcdsb.ca
and select "ATHLETICS".**

TRACK RECORDS

Over the next few issues we will be updating the track records on the website. Today we highlight the midget boys records.

MIDGET BOYS

Event	Name	Record	Year	Event / Place
100m	Chris Grant	12.0s	2005	District 8, Kitchener
	Alex Benzin	12.20s e	2008	District 8, Kitchener
	Blair Gignac	12.20s e	2008	CWOSSA, Guelph
200m	Chris Grant	24.6s	2005	District 8, Kitchener

400m	Stephen Williams	58.26s e	2009	District 8, Kitchener
800m	Andrew Worley	2:18.7min	2007	District 8, Kitchener
1500m	Drew Jansen	4:34.8min	2004	CWOSSA, Brantford
3000m	Drew Jansen	9:57.98min e	2004	West OFSAA, London
100mH	Alex Benzin	14.88s	2008	OFSAA, Hamilton
300mH	Jarry Ahmed	53.57s e	2008	District 8, Kitchener
High Jump	Tevin Heath	1.65m	2009	CWOSSA, Kitchener
Long Jump	Evan Dell'Aquila	5.38m	2004	CWOSSA, Brantford
Triple Jump	Evan Dell'Aquila	11.19m	2004	District 8, Kitchener
Shot Put	Tyler Hasey	10.79m	2008	District 8, Kitchener
Discus	Sean de Lottinville	29.63m	2007	CWOSSA, Kitchener
Javelin	Matt Cooper	35.30m	2007	CWOSSA, Kitchener
Pole Vault	-	-	-	-
4 x 100m Relay	Alex Benzin, Alan Hermer, Blair Gignac, Marvin Alyas	47.36s e	2008	West OFSAA, London

WAYVE IS WALKING AGAINST MALE VIOLENCE

BY MRS. N. OFFAK

On Tuesday, April 27th, all students will have the opportunity to walk, representing St. Benedict, in the 20th Anniversary Walk Against Male Violence taking place in Kitchener, Tuesday, April 27th.

The Walk is in reaction to the Montreal Massacre of 14 women on December 6, 1989. Since then over \$1,100,000 had been raised by high school students to help support the victims of male violence. Over 100,000 women and children were received into shelters in Canada last year because of these generous donations.

The Walk will begin with a rally in front of city hall that will consist of music, speakers from a local women's shelter, a minute of silence for the 14 victims, awards of recognition of leading fund-raisers from each school, and chants. Students will then proceed to walk on sidewalks along a designated route through downtown Kitchener, their presence recognized by respectful banners and chants. The day will end at Victoria Park in the gazebo area, where students will listen to live bands, eat lunch, and listen to talks from a female and male rep from each school.



The cost to participate in the Walk will be a minimum of \$20.00 in pledges. Students will be able to pick up a pledge form and further details in the atrium at lunch during the week of April 19-23. All money raised will go to local women's shelters and other appropriate agencies in the community. We look forward to filling a school bus and impressing the local community with our attendance and support for this worthy cause! Go Saints!

ST. BENEDICT'S WANTS TO BUILD A SCHOOL IN SIERRA LEONE CAN YOU HELP? WE BELIEVE YOU CAN!

BY MRS. M. ROCHA

The Social Justice Club (aka MAD Movement) continues to work hard to raise \$8500 in order to build a school in Sierra Leone. Inspired by "Free the Children", an organization that is dedicated to improving the quality of life of children around the world, the club meets once a week to work on fundraising initiatives.



What we have done so far:

- Created an awareness wall in the atrium
- Put up posters in the school
- Provided a presentation to various religion classes
- Made and sold beaded hemp bracelets
- Organized mission collections every Thursday

What we are currently working on:

- Custom made beaded hemp bracelets
- Painting inspirational quotes in the school
- Hot dog sales every Friday after school starting April 9.

DONATIONS NEEDED FOR HOT DOG SALES

The club is asking for hot dogs, hot dog buns, juice boxes, bottles of water. Please contact [Mrs. Rocha](#) or [Miss Launslager](#) if you would like to donate any items.

FOLLOW OUR PROGRESS ON THE SCHOOL WEBSITE

See where we're at in terms of meeting our \$8500 goal on the blue progress bar at the bottom of the home page.

Student Activities

EARTH WEEK, PROM...

BY EMILY PACHEREVA, SAC MEMBER

In the spirit of Earth Week next week, there will be various activities around the school in order to promote environmentally friendly acts and awareness. After school, student will have the opportunity to help build birdhouses. On Wednesday, there will be a spirit day where students can wear a green or blue shirt with the uniform pants. And, Thursday, there will be a litter clean up.

Prom is being held on Friday May 7 at the University of Waterloo - Fed. Hall. Ticket sales will begin on April 19 and will cost \$40 each. Any guest who is not a St. Benedict student must be approved by administration to accompany a St. Benedict Student to our prom. This is done

through filling out a sign-in package, which can be picked up by students in the SAC Office. However, there are a few rules and expectations that need to be upheld:

1. **NO ALCOHOL/DRUGS** of any kind are permitted in the dance.
2. If you are suspected to be under the influence/possession of alcohol/drugs or behaving inappropriately such as fighting etc...consequences could involve:
 - a. You being asked to leave;
 - b. The possibility of a 3-10 day suspension from school
 - c. Possible charges by the Waterloo Regional Police
3. Once you leave the dance you may not return. **NO EXCEPTIONS!**
4. There is absolutely no smoking at Fed Hall.
5. Students must dress appropriately, as this is a formal event. A dress code is in effect.
6. All bags and purses will be checked at the door by Police, Security and Administration.
7. **ALL** students must present their **ticket and photo ID** at the door or entrance into Fed. Hall.

Other News

cambridge libraries & galleries



TEEN OPEN MIC NIGHT

Come and strut your stuff at our brand new, teen only, Open Mic event. This event is for aspiring teen poets and singer songwriters. Open Mic won't be judged – we're just interested in having an awesome time.

Open Mic will be held at [The Groove Kitchen & Music Room](#) in Preston on Monday, April 26. The Kitchen will be open at 7:00, the Teen Open Mic event will begin at 7:30 and end at 9:00.

If you are 12 to 17, you are welcome to join in. Everyone will be performing their own original work.

To sign up for this new event, [email Linda Foster](#) with a copy of the words of your performance art.

LUTHERWOOD SPEAKERS' SERIES

TEEN SUICIDE AND SELF-HARMING BEHAVIOUR

APRIL 15, 2010

Teenagers face escalating emotions that are difficult to deal with and can overwhelm teens leading to self-harming and suicidal behaviours. This open forum enables parents to gain a better understanding of these behaviours and find the resources they need to help them cope. – *Kathy Payette, M. Psych, CCLS; Chuck Myke, ASIST Trainer*

STAYING IN CONTROL WHEN YOUR TEEN ISN'T

APRIL 22, 2010

Your teenager's rebellious, belligerent and even threatening behaviour pushes you to your limits. This workshop enables parents dealing with aggressive teens to understand the cycle of aggression and learn calming techniques that work. – *Patty McColl, M.S.W., R.S.W.*

Cambridge City Hall, 50 Dickson Street
Evening will run from 7pm-8:30pm
Free admission and parking

Transportation assistance available
For more info visit www.lutherwood.ca or call 519-884-1470.

Upcoming Events

April 15: \$2 Jeans Day for Sierra Leone School

April 20: Eastertide Liturgy

April 26: Report card distribution

April 28-30: School musical

Be sure to check the calendar on the school website for more information. You can find it under **Benny's News > Calendar of Events.**

Miscellaneous

WE WANT TO KNOW...

Your opinions are important to us! Please [email us](#) with your comments and suggestions. If you like our newsletter, tell others; if you don't like it, tell us!

Check out our school website at <http://stbenedict.wcdsb.ca> for news and information updates.

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.

