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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 [Dan Witt](#).

BENN STAFF

[Mr. Anton Milardovic](#)
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NEXT ISSUE

October 20, 2010

SOME HIGHLIGHTS FROM TODAY'S NEWSLETTER....

St. Benedict community generosity: from helping the local food bank, to supporting efforts around the world, our students give.

Guiding students towards graduation: post-secondary information, college and university visits try to shed light on what students can look forward to.

DECA Business competition: learning about business can be fun, challenging, and rewarding.

Math: need help? We're here.

Sports: cross-country, football, basketball... Saints athletes are a force to be reckoned with.

Shhh.... it's mental health—the Lutherwood Speaker Series is starting again, more information from our Social Worker

Plus clubs, student activities, and more! Happy reading!

The BENN staff

Administrative

NEWS FROM THE CHAPLAIN

BY MR. B. REMPEL

PAKISTAN FLOOD RELIEF

We have joined our board wide initiative to support the victims of the ongoing flooding in Pakistan. We are grateful for all the support from our Bennies community. As a community we have donated generously, proceeds to be forwarded to Caritas Internationalis through Canadian

Development and Peace.

CAMBRIDGE SELF-HELP FOOD BANK

Beginning on Thursday, October 7, we will begin collecting food for the Cambridge Self-Help Food Bank. Students are asked to bring in a food item every day and place it in the collection box in their home room. When you do your regular grocery shopping, we would be grateful if you would buy items which could be brought to school and donated.

Thank for your ongoing generosity.

NEWS FROM THE GUIDANCE OFFICE

BY MRS. P. KLASSEN

PARENTAL SUPPORT FOR POST SECONDARY EDUCATION APPLICATION

Are you confused about the application process for post-secondary education? Are you having difficulty navigating through web sites and information documents? If the answer is yes, or if you are simply seeking information to help you understand the world of post-secondary education, consider using the following supports:

1. Conestoga College is hosting "Coaching Your Teen" – 2 workshops designed for parents. These workshops are available on October 12 and October 19 for a minimal cost. For information regarding registration and location, please go to www.conestogac.on.ca
2. Plan now to attend our Post-Secondary Information night on Thursday, October 21 at 6:30 PM. This event is being hosted by the Guidance Department and coincides with parent/teacher/student interviews. The presentation will take place in the Lecture Hall.
3. Galt Collegiate will be the site for the Cambridge University Information Presentations on Tuesday, October 26 from 7:00 – 9:00 PM. All Ontario universities will have representation at this event and there will be opportunity to attend formal presentations, as well as time to tour displays.
4. Conestoga College will be hosting their annual College Information Presentations on Monday, October 25 from 5:30 – 7:00 PM at their Doon Campus. All Ontario colleges will have representation at this event and Conestoga will also have additional information available to parents and students regarding their programs.
5. Become part of the email distribution list sent out by the Guidance Office. Details on signing up can be found at the end of this article.
6. To research colleges and their programs go to www.ontariocolleges.ca
7. To research universities and their programs go to www.electronicinfo.ca

COLLEGE AND UNIVERSITY VISITS

We have been fortunate to have been able to arrange presentation visits with liaison officers from several of our Ontario universities and colleges. Many students have been taking advantage of the opportunity to learn more about the many options that are available to them at all of these excellent institutions.

October 6: University of Guelph – 8:30 AM

October 7: Niagara College – 8:30 AM

October 8: ***Atlantic Universities Tour – 11:30 AM – 12:30 PM, St. Benedict Gymnasium

October 12: University of Waterloo – 1:15 PM

October 13: Conestoga College – 9:45 AM

October 20: Loyalist College – 8:30 AM

October 21: Post-Secondary Information Night – 6:30 PM, Lecture Hall

***Universities from New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland will be visiting St. Benedict. Students are invited to view the displays during their designated lunch period.

The dates for further visits will follow in the next issue of BENN.

ACADEMIC AWARDS NIGHT

On Thursday, October 14, St. Benedict will celebrate academic excellence at our annual Academic Awards Night. All grade 10, 11 and 12 students who have achieved either Honour Roll status over both semesters during the 2008-2009 academic year, or who achieved one of the two highest marks awarded in every class offered at the school will be honoured for their achievement. Invitations have been mailed and many have already responded to indicate their presence at this event. Designated seating will be posted on the gymnasium doors for all award winners. The event begins at 7:00 PM in the gymnasium and a brief reception will follow in the atrium. Dress for the event is casual, but we request no jeans please! We look forward to seeing many of you at this celebration.

IN THE MIND'S EYE

The Crime Prevention Council of the Region of Waterloo will be hosting "In the Mind's Eye: Issues of Substance Use in Film and Forum." The series will run from October 6 – November 25. The forums are free of charge and many of them take place at the Clemens Mills Library. For more details regarding the topics to be covered, visit www.inthemindseye.ca.

EMAIL DISTRIBUTION LIST

Our Grade 12 email distribution list is growing daily, however many students have still not signed up for this useful service. Signing up is easy! From the St. Benedict web site, click on the Guidance link, select "Click here to join our information list" and follow the instructions. Being part of the distribution list will keep you up to date on post-secondary visits, scholarship information and deadlines. Parents are welcome to be part of this list as well.

ATTENTION GRADE 12 STUDENTS

Please stay tuned for important announcements regarding post-secondary planning. These announcements will come in a variety of forms – verbal PA announcements, written announcements on the Ranger system, occasional auto dialer messages and of course, regularly in the BENN. You are strongly encouraged to become part of our email distribution list as well – details on how to sign up will follow in the next issue of the BENN.

WEDNESDAY, NOVEMBER 3 – GRADE 9 "TAKE OUR KIDS TO WORK" DAY

St. Benedict is encouraging all grade 9 students to take part in "Take Our Kids to Work" day on Wednesday, November 3. Your grade 9 sons and daughters will receive information about this event in the Grade 9 Period One class immediately following the



SPECIALIST HIGH SKILLS MAJOR ARE YOU INTERESTED IN ANY OF THE FOLLOWING SECTORS?

Arts and Culture • Business • Construction
Energy • Environment • Health and Wellness
Hospitality and Tourism
Information and Communications
Technology
Justice, Safety, and Emergency Services
Manufacturing • Transportation

Last chance to sign up for SHSM for this

Thanksgiving Weekend. Over 200,000 grade 9 students across Canada participate annually in this event. When it is possible, we invite parents to have their own child spend a day on the job with them. If this is not possible, the information being sent home has other suggestions for you. The intent of the day is to have students gain exposure to the skills required in today's workplace, to explore careers in practical ways and to begin career discussions with adults about the type of work that they do. In order to participate in the day, grade 9 students must return a signed consent form. If students and parents choose not to participate in "Take Our Kids to Work" day, they are expected to attend their regular classes on November 3. Please watch for, and ask your sons and daughters for the information that they will receive in period one next week!

school year is this Friday!

Get more information at www.highskills.ca
Sign up in the GUIDANCE office.

LORAN AWARD

Available to any graduating student expecting to attend university in Canada. Please see <http://www.loranaward.ca/sef/page/id/15.html> for more information.

The Loran Award allows high schools to endorse three students. We ask that you hand in the completed application to Mrs. Menjolian in guidance by October 12th, 2010. We will make a decision and notify you by October 13th, 2010.

Any student who is not endorsed by the school may apply through the Direct Pool Application Process.

Direct Pool Applications are due by October 27th, 2010.

► Check out a lot more scholarship opportunities on the school website under **Guidance > Scholarship Information**

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 consequenced.

UNIFORMS

We remind students that non-uniform clothing is not permitted in the classrooms, and should be left in your locker. Pants and shorts are to be worn properly, not rolled.

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 N: [Mr. Bellini](#)

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

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

BENNY'S STAFF BIOS

Neil Calhoun has been demonstrating his fantastic culinary abilities for the past five years for us here at St. Benedict. Our palettes

Sarah Skinn has been dazzling us with her astonishing science experiments for over five years while at St. Benedict. Not only is she a dedicated and enthusiastic science teacher, "SCIENCE



have been witnesses to the magnificent combinations of worldly cuisine created by Neil and his hospitality classes. Neil teaches grade 11, 12 and OYAP Culinary and organizes the Breakfast Club daily.

We are blessed to have his focused commitment shared within our school community. "The students make it all worthwhile. There is nothing like working for respect. We are all students learning at St. Benedict regardless of our vocation."



ROCKS" but she is also the student activities advisor for our school community. Sarah has donated countless hours of time and energy along with student council to help develop and organize activities that our school showcases throughout the year. Prom, coffee house, pep rallies and carnival day are just a few events that SAC organizes to help build school spirit. What she enjoys most about St.

Benedict is the energy of the students and the talented colleagues she has the opportunity to work with each and every day. One message she would like to share is for every student to make the most of their high school experience by getting involved. "Let's keep building that great Benny's spirit, together!"

Academic

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

QUEEN'S UNIVERSITY: THE EMC (RESIDENCE) PROGRAM

The Enrichment Mini-Course (EMC) Residential Program is an opportunity for highly motivated above average and gifted high school students to come to Queen's University for a week to study a subject of their choosing at an advanced level. It is designed to allow participants the freedom to interact and learn in an environment sensitive to their level of

development. The residential program further simulates a "Total University Experience" with students staying on campus in residence for the duration of the program, eating breakfast and dinner each day in the cafeteria, as well as participating in extra-curricular activities each afternoon and evening.

WEB LINK ► <http://esu.queensu.ca/programs/index.php>

DECA: WE MEAN BUSINESS!

BY MRS. C. RATZ

Would you like:

- something to make your resume stand out from the rest? s
- something to enhance your university or college application and put you in with the best of the best?
- to learn more about business?
- to improve your problem-solving and communication skills?
- to network with employers and students from across Ontario?
- to have FUN and get all of the above benefits?

If you answered YES to these questions, DECA is for YOU!

DECA is an international association of business students that provides opportunities for problem-solving, communications skill development and increased business knowledge in a fun

but competitive environment. DECA is recognized by universities and colleges as a significant co-curricular experience. Many Ontario universities have their own DECA chapters that pick up where the high school experience leaves off. Employers, who act as judges at DECA competitions, also recognize the value of DECA. In fact, students from St. Benedict have told us that their DECA experience helped them get their jobs.

The St. Benedict DECA club meets Tuesdays and Thursdays at 7:00 am and 2:30 pm in Room 214. Meetings are one hour long and are used to prepare for competitions. Members must attend one meeting each day and can choose either the morning or afternoon time.

To register for DECA, students must bring their form (available on classnet under DECA 2010) and money (\$45) to the meeting this Thursday, October 7. In addition, a \$10 refundable deposit on competition resources will be required.

For more information, contact the St. Benedict DECA Student Executive: Ryan Dow, Ashley Harnarine and Sabrina Sowamber or Mrs. Ratz.

***DECA ... provides opportunities
for problem-solving,
communications skill
development and increased
business knowledge in a fun but
competitive environment.***

MATH SUPPORT AT ST. BENEDICT

BY MR. M. MODOLO

Are you having trouble doing your math homework at night?

Consider dropping in to room 309 any night after school to get help with your math homework.

Are you falling behind in your math course?

Talk to your teacher about signing up for after school credit rescue to help get back on track.

Are you looking to enrich your math learning?

Ask your math teacher about the Math Circles program.

Clubs & Athletics

CROSS-COUNTRY RUNNING STRONG

WITH INFORMATION FROM MR. F. WITTMANN

On September 24, the Benny's runners competed at a meet in Waterloo. The Junior Boys and Senior Boys each won their divisions.

Congratulations to the Senior boys: Santo Dak, Nathan Schmidt, Justin Power, Kyle MacFarlane, Peter Reynolds, Christian Gomes, Blake Schuett, Nick Porter, Jake DaCosta, Dapinder Dhaur, Cameron McArthur, Irfaan Rahaman, Ryan Laranjeiro.

Congratulations to the Junior boys: Alex MacDonald, Keith Tanner, Ben Taborek, Lucas Wozniak, Tully McWatters, Jason Wozniak, Marcus Noble, Robbie Hiff, Alex Silver.

In individual success, Julia Wittmann came 2nd in the Junior Girls race, Colton Dorion finished 5th in the Midget Boys race, and Allie Amaral placed 9th in Midget Girls. Way to go everyone!


Jr Girls' Basketball St. David 14, St. Benedict 42 Rockway 18, St. Benedict 65 Msgr. Doyle 19, St. Benedict 57
Sr Girls' Basketball Rockway 18, St. Benedict 46
Jr Boys Football Huron Hts 0, St. Benedict 55
Jr Boys Volleyball St. Benedict 3, Pere Rene 0 Msgr. Doyle 2, St. Benedict 3

At the Cross-country meet at Shades Mill on October 1st, the Junior Girls team and the Senior Boys Team came first in their respective divisions.

Congratulations to the junior girls: Julia Wittmann - 2nd, Lindsay Francescangeli - 6th, Emma Henderson, Jennifer Deighan-Schenk.

Congrats to the senior boys: Santo Dak - 3rd, Nathan Schmidt - 6th, Peter Reynolds, Justin Power, Shakur Tag-El-Din, Nick Porter, Kyle MacFarlane, Christian Gomes, Irfaan Rahaman.

Other highlights include the Midget Girls Team finishing 2nd, Junior Boys Team also finishing 2nd, Colton Dorion finishing 4th and Alex MacDonald placing 7th.

JUNIOR FOOTBALL HAMMER HURON HEIGHTS

BY MR. J. VALE

The Junior Football team kicked off their season in style with a 55-0 victory over Huron Heights Secondary School. The Saints were led by a balanced attack as touchdowns were scored by Dequan French-Gray, Kyle Cole, Drew Walden, Ryan McCann, and Brady Bartlett. The Saints defence held Huron Heights to less than 100 yards of offense throughout entire game.

The Saints prepare for a huge match up at home against Preston High school on Thursday, October 7th. The Junior game will begin at 5pm and the Seniors at 7pm. This cross town rivalry is a must see game! Come out and support your Saints! Go Saints Go!

ST. BENEDICT ATHLETES OF THE WEEK

Junior Girls - Julia Wittmann (Cross Country)

Junior Boys - Drew Walden (Football)

Senior Girls - Andrea Zapanza (Basketball)

Senior Boys - Santo Dak (Cross Country)

ROBOTICS CLUB

The first meeting of the St. Benedict robotics club will be held this Thursday, October 7th at 2:40pm in Annex room 3. No experience is necessary, just a desire to problem solve in a fun environment... hope to see you there!

ENVIRONMENTAL CLUB

The Environmental Club meets on Mondays after school in room 315. Current activities include plants, planting, cuttings and transplanting galore! See Mrs. McCaffery or Ms. Dutka for more information.

LOOKING TO GET TO THE TOP?

Attention all Rock Climbers! There will be a brief, but important meeting on Thursday, October 7 in room 319 right after school. See you there! Ms. Novakovich, Ms. Dutka and Mr. Fratarcangeli.

Student Activities

LINK CREW NEWS! WELCOME CLASS OF 2014

BY COLLEEN IVITS & COLLEEN GRIFFIN

LINK has been off to a great start this year thanks to the help of some amazing teachers, students and, of course, some great grade nine students too! Our Benny's LINK CREW leaders did

a great job on Orientation Day by helping the new grade nines feel more comfortable in their surroundings, meet new people and make new friends. The themed groups done by the LINK CREW leaders were fabulous. We had so many creative ideas with everything from 'Caterpillars' to 'Princess and the Pea' to 'Luau' to 'Sailors' and 'Pac Man'! It was worth it because this year we have some great grade nines that were really energetic and were eager to participate!

We would also like to welcome all the grade nine families to the St. Benedict community! We hope everyone has been supportive and has helped you settle more quickly into our community. We hope that your first high school experiences have been fun and memorable especially the Grade Nine Dance and Meet the Teacher Night -- It was awesome to have a sea of orange mingled with the grade nines and the bonds we have made are even more memorable. More excitement with the Grade Nine Olympics coming soon! See you there!

NOTE REGARDING SCHOOL PHOTOS....

Student council arranges all photo dates and student cards. If a student has not received their student card and/or photo package they need to pick them up in the student council office before or after school. If there are any questions or concerns please contact Ms. Skinn.

Other News

SHH... IT'S MENTAL HEALTH - A LUTHERWOOD SPEAKERS SERIES 7-8:30 PM AT LUTHER VILLAGE ON THE PARK

October 7, 2010 - Managing Anxiety in Your Teen

October 14 2010 - Helping Teens Transition into Adults

October 21 2010 - ADHD

October 28 2010 - Navigating the System When a Teen Has Suicidal Thoughts

For more information contact Lutherwood at (519) 884-1470

Upcoming Events

October 6: SrG Bask vs Resurrection

October 6: JrB VB @ RCSS

October 6: G Hockey vs St. David's @ M.Doyle, 4:30

October 6: JrB Soccer @ Resurrection, 3:30

October 7: Coffee House

October 7: JrB Ftbl vs Preston, St. Benedict, 5:00pm

October 7: XC: Oktoberfest Invitational Meet

October 7: SrB Ftbl vs Preston, 7pm

October 8: XC: Oktoberfest Invitational Meet

October 8: XC: Pre-OFSAA

October 11: Thanksgiving

October 13: SrG Bask @ St. Mary's

October 13: JrB VB vs SMHS

October 13: G Hockey vs M.Doyle @ Rez, 3:30

October 14: Academic Awards Night

October 14: JrB Ftbl @ Grand River, 1:00pm

October 14: SrB Ftbl @ Grand River, 3pm

October 15: Laurel Creek Race

October 15: G Hockey vs Resurrection, 3:30

October 18: JrB VB vs WCHS

October 18: G Hockey vs St. Mary's @ St. David's, 4:30

October 18: JrB Soccer vs St. David's, 3:30

October 20: JrB Ftbl @ Galt, Rogers Field, 5:00pm

October 20: SrG Bask @ St. David's

October 20: JrB VB vs SDCSS

October 20: SrB Ftbl vs Galt @ Rogers, 7pm

October 20: JrB Soccer @ St. Mary's, 3:30

October 21: Post-Secondary Info Night

October 21: Parent-teacher conferencing

October 21: District 8

October 22: Parent-teacher conferencing

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.

