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The BENN newsletter is a publication of St. Benedict CSS. It is distributed every second Wednesday during the school year using the WCDSB News-wire 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

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NEXT ISSUE

October 26, 2011

Note from Administration

INTERIM REPORT DISTRIBUTION TUESDAY, OCTOBER 18 PERIOD 1

PARENT-STUDENT-TEACHER CONFERENCES

THURSDAY, OCTOBER 20, 3:00-8:30PM
FRIDAY, OCTOBER 21, 8:30-11:00AM

Have your son or daughter book an appointment today, or email their teachers directly from the [St. Benedict C.S.S. website](#).

BENNY'S IN THE LOCAL MEDIA

CAMBRIDGE TIMES: [St. Benedict tennis player takes singles crown](#)

Administrative

ST. BENEDICT HOMEWORK CLUB IS BACK!

By Mr. D. Jaeger

Sick of doing all of your homework late at night? Tired of rushing to print assignments at the last minute? Still have lingering questions about the hypotenuse of a triangle, Romeo's true intentions, the highest mountain in Canada, and when was the War of 1812?



**SPECIALIST HIGH
SKILLS MAJOR**

Well, we have the all the ANSWERS for you! The St. Benedict Homework Club is back and better than ever. Meeting in room 224 every Monday and Wednesday throughout the school year, Homework Club is the place to be to get homework done right, to print assignments out the day before they are due, and to complete any other work you may need to do. A terrific Benny's teacher is there to make sure you get as much or as little help as you need.

So, any time that you need that extra helping hand, Homework Club is still the one and only answer!

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

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

NEWS FROM THE CHAPLAIN

BY MR. B. REMPEL

SHARING THE GIFT OF FOOD

Happy Thanksgiving! We trust you had a thankful weekend. Thanksgiving weekend is traditionally a time to celebrate the bounty that many Canadians enjoy. As a school we also want to remember those who for many reasons can't celebrate having a lot. The following are some of the ways that the St. Benedict community is sharing the bounty.

Breakfast Club – Every school day from 7:35 to 8:05 we provide any student with the opportunity to stop by room 107 for a nutritious breakfast including cereal, toast, yogurt, juice, fruit and something hot on Friday. Any student is welcome.

Brown Bag Breakfast – Every school day from 8:05 to 8:25 we provide any student with breakfast on the run which includes juice, cheese and an apple. Many students take advantage of this opportunity, especially if they are "running a little late".

Famine in East Africa – During the month of September the St. Benedict school community raised \$2517 for drought and famine aid in Kenya, Africa. With every \$10 donated, we will feed one student for a month. We pray that regular rain will soon fall and aid will no longer be required.

Cambridge Self Help Food Bank – For the month of October our school community will be donating food items for the Food Bank. Our goal is that each class will fill at least one box with food items so that all people in Cambridge will have their basic food needs met.

ANAPHYLAXIS—WHAT IS IT?

Anaphylaxis is a severe allergic reaction that can lead to rapid death if untreated. Many students and staff suffer from life-threatening allergies to certain foods, medications, insect stings, latex or scents. For them, exposure to even a small amount of the substance to which they are allergic can trigger an anaphylactic reaction. Peanuts are the most likely of all food allergens to trigger a full-blown anaphylactic reaction and the most common cause of fatal food anaphylaxis. Even trace amounts can cause a severe life-threatening reaction. Students have even developed reactions after coming into contact with residual foods on tables that have been wiped clean of visible material or even with a sports ball that had been contaminated.

Anaphylactic reactions occur when the body's sensitized immune system overreacts in response to the presence of a particular allergen. Anaphylaxis affects multiple body systems including skin, upper and lower respiratory, gastro-intestinal and cardiovascular. Helping teenagers strike a balance between a necessary fear of exposure and an unhealthy fear of their expanding world

Anaphylactic reactions occur when the body's sensitized immune system overreacts in response to the presence of a particular allergen.

is a difficult balancing act for parents—and one that requires the cooperation of all who are part of the teenagers life, including the school. Despite the best efforts of parents and schools, anaphylactic children live with a level of stress that most children do not experience. It's a matter of life and death.

REDUCING THE RISK

Avoidance of a specific allergen is the cornerstone of management in preventing anaphylaxis. The less allergen brought into a school, the less risk of anaphylactic reactions. While schools cannot guarantee that an environment is completely safe, the School Anaphylactic Management Plan includes necessary measures and procedures to reduce the risk of anaphylactic reactions and assist staff in making the school as "allergen-free" as possible.

WHAT CAN YOU DO TO HELP?

1. **Avoid sending peanut products to school:** look for peanut-free products and leave the peanut butter and peanut butter substitute products at home.
2. **Wear less scent:** remember the old saying that "less is more" when applying scents in the morning and do not bring perfumes of any kind to school.
3. **Do not eat in ANY classroom:** water should be the only thing that you bring into a classroom; you do not know who will be sitting in the desk after you.
4. Use unscented hand sanitizer to keep additional scents at a minimum.
5. Celebrate birthdays without the balloons.
6. Eat in the cafeteria, throw out all of your garbage and wipe down your table spot when you are done!
7. Meet with your Guidance Counsellor and make sure that the school knows all about your needs if you are anaphylactic!!

Information gathered from APH 005 on Anaphylaxis

NEWS FROM THE GUIDANCE OFFICE

Tomorrow night is academic awards night, an opportunity to to celebrate the accomplishments of our grade 9-11 students from last year. We look forward to celebrating the evening with your sons and daughters.

Friday is the last day to sign up for Specialist High Skills Major. Students in grade 11 and 12 are encouraged to consider getting into high skills if there is a field of study they are interested. Grade 9s and 10s, it is never too early to start thinking about it! See your guidance counsellor or the [High Skills](#) website for more information.

UPCOMING UNIVERSITY VISITS

Wed. Oct. 12: Richard Ivy School of Business, 8:30 am
Mon. Oct. 17: University of Waterloo, 8:30 am
Tue. Oct. 25: Wilfrid Laurier University, 8:30 am

UPCOMING COLLEGE VISITS

Fri. Oct. 14: Sheridan, 1:30 pm
Wed. Oct. 19: Loyalist College, 8:30 am
Tue. Oct. 25: Fanshawe, 1:15 pm
Thu. Oct. 27: Niagara, 8:30 am
Fri. Oct. 28: Humber, 1:15 pm

Students must sign up in Guidance at least a day before

WHO IS YOUR ADMINISTRATOR?

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

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

Gh to N: [Mr. Sauve](#)

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

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

attending.

Academic

STUDENT VOTE ONTARIO, 2011

BY MR. R. MARTINELLO

In advance of the provincial election, students at St. Benedict participated in a mock election on October 5. In conjunction with the Student Vote organization, Mr. Martinello's period 3 Civics class organized polling stations for interested students.

As part of the process, students created a series of posters that outlined key party platforms. All students, from grades 9-12 were then invited to vote. With an approximate turnout of 35%, the results were as follows:

Liberal - 126

NDP - 118

Green - 110

PC - 67

Libertarian - 39

Independent - 19

Spoiled - 46

ST. BENEDICT MUSIC STUDENTS ENJOY WORKSHOPS AT LAURIER

BY MRS. J. HARRIS

From September 27th to the 28th, students from St. Benedict were given the opportunity to be a part of the Wilfrid Laurier University Central Ontario Band Workshop. With over a hundred of us, we played as an advanced band, saw amazing performances, went to instrumental workshops, and even had sectionals with professional players.

This rare opportunity offered experience in how to warm up properly, play tricky rhythms, and learn how to breath efficiently for playing. One song that differentiated from the others was "Song of the Tides". We learned techniques like pressing keys while not playing specific pitches, how to "bend" notes and to glisten, and how to use just the mouthpiece of our instrument for sound effects. These effects gave the song an eery and ocean-like sound.

"The experience taught us much more than we have learned," stated senior clarinet player Nick Menage.

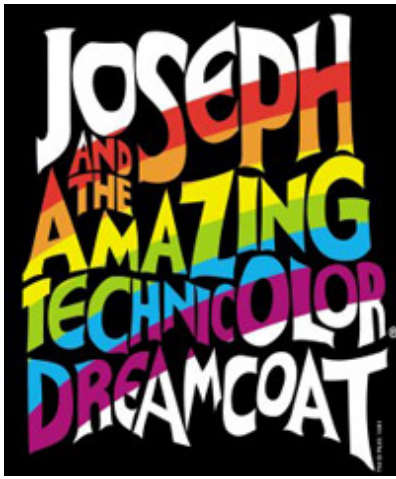
"If you ever get this opportunity, do it!" exclaimed Timothy Bryan, another senior student that plays the alto saxophone.

The workshop participants were: Tim Bryan (alto saxophone); Amanda Harwood (trumpet); Tara Markov (trombone); Nick Menage (clarinet); Laura Van Pelt (flute).

In conclusion, this opportunity of going to Wilfrid Laurier University to participate in the Central Ontario Band Workshop was an excellent and unforgettable experience! Many thanks to the St. Benedict Student Council for sponsoring the students for this event.

GO, GO, GO...!

Rehearsals are well under way. The orchestra is hard at work learning the score to the musical. The cast and orchestra of *Joseph* meet every Monday, Wednesday and Thursdays after school to rehearse. Everyone is excited by the progress that is being made. It is going to be one AMAZING show so don't forget to buy your tickets!



ARTS TRIP TO NEW YORK CITY

BY MRS. J. HARRIS

The St. Benedict C.S.S. Arts Department is hosting an excursion to New York City in April 2012. All students enrolled in an Arts Course are eligible to participate. The trip itinerary includes the following: a Broadway production, Top of the Rock, Radio City Music Hall, Apollo Theatre, Central Park, MOMA, Times Square, Bus Tour, Ground Zero, and much more!

A parent information meeting will be held on Wednesday, October 12th at 6:30 in the music room. Are you unable to attend? Students may pick up a trip information package in the music room.

Clubs & Athletics

JUNIOR BOYS SOCCER

The Junior Boys Soccer team fought hard against the top team in their division - The Resurrection Phoenix. Unfortunately, they could not shut down the Phoenix firepower. Nonetheless, the Saints pocketed two brilliant goals against the Rez keeper: one by Nathan Dias from 25 yards out and the other by Jonathon Cabral with the left boot.

The man of the match was Sean Barron, the sweeper who mopped up many scoring opportunities.

Last Wednesday, the boys met again with the Phoenix, and fought very hard, keeping their pride and dignity in tact despite falling short of a victory. The eleven men on the pitch played through dehydration, pulled muscles and a relentless offensive attack. The boys finished the game with four goals; three of which off the crafty boot of Artur Brasil and a spectacular buzzer beater over the defensive line into the top right hand corner of the net by Jonathon Cabral.

The man of the match was Sean McFall for taking charge as our net minder and making some brilliant saves to keep our spirits high.

SENIOR GIRLS BASKETBALL

The Senior Girls Basketball team beat St. David's with a score of 37 to 18. Special note goes to Dana Milani with 13 points,

BIENN BOX SCORES

Junior Girls Basketball

Saints 15, St. Mary's 40
St. David's 48, **Saints 43**
Msgr. Doyle 33, **Saints 34**

Senior Girls Basketball

Saints 38, St. Mary's 43
St. David's 18, **Saints 37**
Msgr. Doyle 12, **Saints 62**

Girls Field Hockey

St. David's 0, **Saints 1**
Msgr. Doyle 0, **Saints 0**
Saints 0, St. Mary's 0

Junior Boys Soccer

Saints 0, Msgr. Doyle 4
Resurrection 9, **Saints 2**
Saints 4, Resurrection 8

Junior Boys Volleyball

Saints 0, St. Mary's 3
Saints 0, St. David's 3
Saints 1, Msgr. Doyle 3

Senior Boys Volleyball

Jenelle Case with 8 points and Anne Logo for hitting some big shots from downtown.

The girls also beat their cross-town rivals Monsignor Doyle with a score of 62 to 12. Top performers were Dana Milani with 18 points, Alisa Tkaczyk with 8 points and Hilary Ferguson with 9 points and 6 blocks. Wish the girls luck as they travel to Resurrection on Wednesday.

JUNIOR GIRLS BASKETBALL

The girls had a close game against St. David's but came up a little short, scoring 48-43.

Saints 0, St. Mary's 3
Saints 1, St. David's 3
Saints 3, Msgr. Doyle 0

Junior Boys Football
Jacob Hespeler 7, **Saints 29**
Saints 23, Preston HS 34

Senior Boys Football
Jacob Hespeler 37, **Saints 0**
Saints 31, Preston HS 10



Who is that blue and gold guy? Tyler Kilbride—decked out in our school's colours—touts himself as a superfan of our school's football teams. That's what we call SPIRIT!

GIRLS FIELD HOCKEY

The Girls Field Hockey team on their second win this season! They beat St. David's with a score of 1-0. Special mention goes to Nicole Maher who scored the game-winning goal!

The Girls Field Hockey team came away with a tie two weeks ago against Monsignor Doyle. Congratulations to Kirsten Carnegie for her 3rd shut out this season.

The girls field hockey team fought hard against St. Mary's on Wednesday, October 5th. Despite their many goal-scoring attempts, the game ended with a tie. Congratulations to all the girls on a very well-played game.

CROSS-COUNTRY

Our X-Country Running team had wonderful results on Thursday, September 29, at the University of Waterloo. Congrats to the Midget Boys and Girls teams who were 4th, and the Senior Boys who placed 2nd!

Top 10 finishers were: Tess Wittmann, who placed 8th and Nathan Schmidt, who placed 5th. Our top 30 finishers were: Donald Raymond, Alyssa Mason, Colton Dorion, Justin Power, Keith Tanner, and Peter Reynolds.

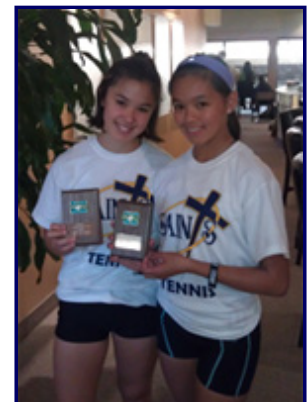
Our X-Country Running team competed at Bechtel Park in Waterloo last Thursday. In some very competitive races Tess Wittmann, Colton Dorion, and Nathan Schmidt placed top 50 in their respective races. The next race is on Thursday, October 13th, at Laurel Creek. Good luck to all our runners!

TENNIS

On Wednesday, October 5th, our tennis team of 14 players competed in the District 8 tournament at Northfield Racquet Club in Waterloo. Everyone played hard, especially Alli McKinnon and Basil Ahmad, who placed third in mixed doubles.

Our greatest success came in the girls singles, where Trish Oei placed second and Ashleigh Brimo placed first! (Pictured in photo, from left to right respectively.)

Good luck to Ashleigh at CWOSSA on Thursday Oct 13th!!!



SWIM TEAM

Attention all students interested in joining the swim team! Swim tryouts will start on Monday, October 31st at 6:45 am at the YMCA. Permission forms are available in Room 3.2 during lunches.

GIRLS HOCKEY

Attention Female Hockey Players: There will be a mandatory meeting for all players interested in joining the girls' varsity hockey team on Tuesday, October 18 at 2:30 pm in room 325. For further information, please see Ms. Hanley or Mrs. Ratz.

Halloween for Hunger.

Every Halloween, young people collect canned goods instead of candy to donate to local food banks and help fight hunger in their community.

SIGN UP TO FIGHT LOCAL HUNGER



This year the Mad Movement will once again participate in Halloween for Hunger. We had a great time last year as we collected food items on Halloween night around the Bennies area. Last year we collected 650 pounds of food and our goal this year is to collect 1000 pounds of food for the Cambridge Food Bank. Join us Wednesday after school in portable 1 to pick up a permission form or if you want more info.

DECA BUSINESS CLUB

BY MRS. C. RATZ

Congratulations to the St. Benedict DECA executive team on a great start to the DECA year! Their leadership in meetings and behind the scenes is appreciated. This year's DECA executives are: Cole Boland, Ryan Dow, Talal Abdali, Maria Quiroz and Kennedy Thompson.

DECA members meet every Thursday in Room 214 at either 7:00 am and 2:30 pm. Members must attend one meeting per week to be eligible for competition.

The regional competition will soon be here. There are two components to the regional competition: an online exam and the oral competition. Mark these dates on your calendar:

- November 1 -- online exam at St. Benedict, times scheduled by category
- November 23 -- oral competition at Bingeman Park, Kitchener

Student Activities

GRADE 9 LINK OLYMPICS!!



Upcoming Events

Wednesday, October 12

- 2:30pm Fanime/Anime Club
- 2:40pm Curling information meeting
- 2:45pm MAD Movement
- 2:45pm Strategy Games Club
- 3:30pm Jr. Boys Soccer @ St. Mary's
- 3:30pm Sr. Girls Basketball @ Resurrection
- 3:30pm Girls Field Hockey vs Msgr. Doyle @ Msgr. Doyle
- 3:30pm Sr. Boys Volleyball vs Resurrection

Friday, October 21

- 1:00pm Jr. Boys Football vs Sir John A.
- 3:00pm Sr. Boys Football vs Sir John A
- Parent Teacher Conferences, 8:30-11:00am

Monday, October 24

- 2:30pm Camera Club
- 3:30pm Jr. Boys Soccer vs St. David's
- 3:30pm Jr. Girls Basketball @ Rockway
- 3:30pm Jr. Boys Volleyball vs Rockway

3:30pm Jr. Boys Volleyball vs Resurrection
5:00pm Jr. Girls Basketball @ Resurrection
6:30pm NY Arts trip info night

Thursday, October 13

2:30pm Yearbook Club
2:30pm DECA meeting
7:00pm Academic Awards Night
Pharmacy Training

Friday, October 14

10:00am Ont. Univ. Fair
1:00pm Jr. Boys Football @ Glenview
1:30pm College visit: Sheridan
1:30pm Cross Country: Laurel Creek Race
2:45pm Doctor Who Video Club
3:00pm Sr. Boys Football @ Glenview Park
4:30pm Girls Field Hockey vs Resurrection @ St. Benedict
Deadline to sign up for SHSM

Saturday, October 15

10:00am Ont. Univ. Fair

Sunday, October 16

10:00am Ont. Univ. Fair

Monday, October 17

8:30am Univ. visit: University of Waterloo
2:30pm Camera Club
3:30pm Jr. Boys Soccer vs Msgr. Doyle
3:30pm Jr. Boys Volleyball @ Père-René
3:30pm Sr. Boys Volleyball @ Père-René

Tuesday, October 18

8:21am Interim Report Distribution
2:30 Girls Hockey information meeting
6:00pm Badminton Club

Wednesday, October 19

8:30am College visit: Loyalist College
1:00pm Cross Country: District 8
2:30pm Fanime/Anime Club
2:45pm MAD Movement
2:45pm Strategy Games Club
3:30pm Sr. Boys Volleyball vs Woodland
3:30pm Jr. Boys Volleyball vs Woodland
4:30pm Girls Field Hockey vs St. David @ Resurrection

Thursday, October 20

2:30pm Yearbook Club
2:30pm DECA meeting
Parent Teacher Conferences, 3:00-8:30pm
Health & Safety and Fall Prevention Training
Canadian Manufacturing Technology Show

3:30pm Sr. Boys Volleyball vs Rockway
5:30pm Sr. Girls Basketball @ Rockway
7:00pm St. Benedict 50th Anniversary meeting

Tuesday, October 25

8:30am Univ. visit: Wilfrid Laurier University
1:15pm College visit: Fanshawe
6:00pm Badminton Club
College Information Fair, Exhibition Place, Toronto
Leadership & Climbing & Knots Techniques Training
Infection Control Training

Wednesday, October 26

2:30pm Fanime/Anime Club
2:45pm MAD Movement
2:45pm Strategy Games Club
3:30pm Sr. Girls Basketball vs St. Mary's
3:30pm Sr. Boys Volleyball @ St. Mary's
3:30pm Jr. Boys Volleyball @ St. Mary's
5:00pm Jr. Girls Basketball vs St. Mary's
5:00pm Jr. Boys Volleyball @ St. Mary's
5:30pm College Information Days, Conestoga College
Zoom Career Day for Arts & Culture Students
BENN Newsletter out

Thursday, October 27

8:30am College visit: Niagara
9:00am College Info Days, Conestoga College
11:00am Cross Country: CWOSSA
1:00pm Jr. Boys Football @ Bluevale
2:30pm Yearbook Club
2:30pm DECA meeting
3:00pm Sr. Boys Football @ Bluevale
7:00pm School Council meeting

Friday, October 28

1:15pm College visit: Humber
2:45pm Doctor Who Video Club
7:00pm Graduation

Check the calendar on the school website for more information. New information is always being added, and more detailed information about upcoming events can be found there.

Sports results are also posted to the calendar; if you hover your mouse over a past game, a short synopsis will appear.

You can find the full calendar 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.

