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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**

[Mr. Anton Milardovic](#)  
[Mrs. Sophia Adach](#)  
[Mrs. Jennifer Jackson](#)  
[Ms. Laura Varriano Lane](#)

### **Next Issue**

September 18, 2013

# Your mission, students, should you choose to accept it...

Today is the first day of classes. You have the task of making this year a memorable one; physically, spiritually, and intellectually.

You have the opportunity to join clubs which will allow you to make new friends, learn new things, and grow as an individual.

You may join one of many sports which will challenge your fitness, ability to work as part of a team, and learn to win and lose gracefully. You must attend class on a daily basis to acquire more knowledge; ask questions, do the work, achieve good grades, be successful.

Your goal is to earn your credits, and be a positive, contributing member to the society in which you live at St. Benedict, and the community at large.

This message will not self-destruct. This mission is not impossible. The challenge is always there... do for it!

## **Benny's in the Local Media**

CAMBRIDGE TIMES: [Rebecca Carrigan](#): From shy and self-con...

## Administrative

# Handbook Highlights

*Over the first few issues of the BENN, we will be highlighting some of the key points from the student handbook. These will be brief summaries of what is in the handbook, please refer to the handbook either in paper copy (every student got one at registration), or on the school website under For Parents ► School Handbook. Adherence to these procedures will help ensure your son's or daughters years at St. Benedict's are a positive experience.*

## Attendance

Students who are to be absent for the day should have their parent/guardian call the attendance office at 519.621.4001 before 8:00 a.m. or the parent/guardian may provide a written note to explain the absence. If a note is NOT received students are assigned a lunch time detention—one detention per class missed. Valid reasons for absence are: personal illness, bereavement, important appointment or family commitment certified by the parent and approved by administration, approved school activity. Parents will be notified by automated message when the student is absent for one or more classes.

## **LEAVING SCHOOL DURING THE DAY**

This should occur only because of illness, medical appointment or emergency. For medical/dental appointments students must notify attendance office before 8:15 a.m. and present a note from parents. Parents MAY NOT sign students out to work in the library.

In the case of illness or emergency the student must report to the attendance office so that a parent/guardian may be contacted.

## **TRUANCY**

A student is considered truant if he or she :

1. Leaves school without signing out
2. Is absent without prior parental or school permission
3. Does not report to the office when ill
4. Is absent from class without teacher permission

If a student has been truant during the school day, they may NOT attend athletic or other school events on that day.

Students may not be in the library without their teacher's permission.

Parents may not sign out their son/daughter to work in the library during the school day.

Once on school property students are expected to follow their timetables.

Follow  
**St. Benedict's**  
ON OUR  
**TWITTER**  
FEED



**@StBenedictCSS**

# News from the Guidance Department

By MRS. P. KLASSEN

## Welcome to All

The Guidance Department of St. Benedict would like to extend a warm welcome to all students. Whether you are joining us at St. Benedict for the first time or you are returning to us after your summer vacation, we look forward to working with you throughout the upcoming school year. Guidance case loads have been determined as follows:

Mr. Michael Ambeau A – E ext. 5634

Mrs. Patricia Klassen (Program Head): F – Lazdins & International Students ext. 5190

Mr. Nick Betik Le – Re ext. 5633

Mrs. Jennifer Rodrigues Le – Re ext. 5635

Mrs. Katherine Menjolian Ri – Z ext. 5635

For those of you returning to St. Benedict, please note that Mr. Kritz is no longer with us as he has transferred to Resurrection Catholic Secondary School in Kitchener. His departure has meant some adjustments to our case loads and we are pleased to welcome Mr. Betik and Mrs. Rodrigues to the department. As both Mr. Betik and Mrs. Rodrigues have teaching assignments in other areas of the school, they are going to share a case load of students. As a department we try to be as accessible as possible as we can be to parents and to students. Please feel free to contact us any time through phone or email and we will get back to you as soon as we are able to.

## Course Change Information

Students who wish to make changes to the courses that they have selected will have the opportunity to do so until Friday, September 13. Please note that all changes must be approved by a parent and/or guardian prior to us meeting with a student. The guidance department follows a procedure which allows us to deal with urgent and important requests first. Requests to make a course change should only occur if a student is requesting a level change, is missing a prerequisite course, does not have enough courses scheduled or is missing a course that is required for a specific university or college program. Students who wish to make changes other than those listed will be required to see their counsellor either before school, at lunch or after school. Course change forms will be available in the guidance office until Wednesday, September 11. Parents, please encourage your sons and daughters to follow the procedure that we have in place for making course changes so that we can process requests as quickly as possible. Your help and support is most appreciated.

## Grade 9 “Meet the Teacher”

If you are interested in experiencing what your Grade 9 son or daughter does during a typical school day, plan now to join on Thursday, September 19 for Grade 9 Parent Night. At this event, you will follow your child’s school schedule, meet his or her teachers, discover the joys and perils of moving from class to class and hopefully gain valuable information that will aid you with your child’s secondary education. We hope to see many of you at this event. Invitations will be sent

home with Grade 9 students next week.

## **Attention Grade 12 Students**

During the third week of school, guidance counsellors will be conducting information sessions for all Grade 12 students who are considering attending either university or college in September 2014. Please stay tuned for important details regarding these sessions as well as for all announcements regarding post-secondary planning. These announcements will come in a variety of forms throughout the school year – verbal PA announcements, written announcements on the Ranger system, occasional auto dialer messages and of course, regularly in the BENN. All Grade 12 students are strongly encouraged to become part of our email distribution list – instructions on how to do this will be given early in the school year. The email distribution list is the most effective way for our department to forward information to grade 12 students quickly.

We wish all of you a wonderful start to the school year!

### **Academic**

## **Enriching the Lives of Students**

BY MRS. D. WITTMANN



Inspiring Innovation and Discovery

The Student Success Centre at McMaster University offers on-line resources to assist in your academic career: A number of academic skills resources are available online to help you develop and refine your learning strategies. Get valuable strategies and information by selecting any of the resource topics.

[sscareers.mcmaster.ca/academic-skills/on-line-resources.html](http://sscareers.mcmaster.ca/academic-skills/on-line-resources.html)

### **Athletics**

## **Junior Girls' Basketball**

Tryouts are on Thursday, September 5 and Friday, September 6 at 2:30 in the gym. Talk to Mr. Mascarenhas and Mrs. Arkell for more information.

## **Senior Girls' Basketball**

Senior girl tryouts begin Thursday, September 5th in the gym. Any questions, please see Ms. Whalen.

## **Field Hockey**

Varsity Women's Field Hockey team is beginning their season with three try-out dates: September 5th & 6th, and September 9th. If you are a female soccer player looking to continue the endurance gains made during the summer? Or simply wanting to be apart of a team that is

fun, unique and competitive, St. Benedict's Varsity Women's Field Hockey Team wants you.

All female students from grades 9 through 12 are encouraged to experience these try-out dates as it is an excellent sport filled with a genuine, kind and powerful women. Believe in yourself, FALL into Field Hockey! Hope to see you out!

Any questions can be directed to Ms. Reis in the phys. ed. office!

## **Junior Football Tryouts**

Grade 9 and 10 students are invited to tryout for the Saints Junior Football Team this Wednesday, Thursday and Friday. Tryouts will be held on the front field immediately following school each day (2:40 p.m.). Players are asked to dress in athletic wear (including cleats) and bring a bottle of water. Any questions are to be directed to in the Phys. Ed. office.

## **Boys Golf**

The boys Golf team will be meeting Friday, Sept 6th in Rm. 3.2 at the beginning of lunch. Any interested golfers are invited to attend for information on try outs for the team. For more information please see Mr. Kent.

## **Girls Golf**

The Girls Golf team will be meeting on Friday, September 6 at the beginning of lunch in room 101. Any interested golfers are invited to find out about tryouts for the team.

## **Junior Boys Soccer**

The tryouts for the Junior Boys soccer team will be on Sept 5 & 6 after school at 2:45 on the back soccer field. See Mr. Dufresne for more information.

## **Tennis**

Any student interested in playing tennis is asked to attend a brief information meeting this Friday, September 6 in gym 1 at the start of lunch. Please speak to Mrs. Crowell or Mr. Jankura for more information about the school tennis team.

## **Sr. Boys Volleyball**

The Senior Boys Volleyball tryouts will begin on Thursday, September 5th at 2:45pm in gym 1. See Mr. O'Connor for more information.

### **Clubs**

## **Doctor Who Video Club**

Doctor Who Video Club will resume this Friday, after school in Room 226. There will be a prize giveaway to welcome all new and returning enthusiasts.

## Electric Car Club

St. Benedict will be starting up an electric car club this October in room 110. Listen to the announcements and watch the ranger system, or talk to Mr. Granger for more information.

## Girls' Workout Club

Every Thursday after school, all females—students *and* teachers—are welcome to join us in the weight room from 2:30–3:30.

## Hip Hop Dance Crew

Hip Hop Dance Crew will meet after school from 2:45–5:00 p.m. on Wednesdays in portable 1. Our first meeting will be next week Wednesday, September 11. See Mrs. Petersen for more information.

## Science Olympic Team

The Science Olympic Team is going to have its first meeting on Tuesday, September 10th in room 314 at the start of lunch. Our team is composed of students who have an interest in science and/or engineering and want to put their skills to the test in competitions against other students from around Ontario. Whether you are in grade 9 or in grade 12, if you like Science and want to have fun, come join our team. See the ranger system for more details.

## Self Defense Club

The club will be running Mondays and Tuesdays during lunch. The club is open to everyone and will involve quick stretching a short work out and self defense technique training. It will be held in gym. Participants will need to wear loose clothing, gym wear is best.

### Student Activities

## Connect to SAC using Social Media

BY MR. A. MILARDOVIC

*St. Benedict Student Activities has established its presence in the virtual world to provide students with information and resources.*

You can follow them on Twitter; Bennies SAC Updates ([@SAC\\_Updates](#)) provides daily updates about what's going on around the school.

SAC also has a Facebook page called [SAC Updates](#).

Students should follow the Twitter feed and/or like their Facebook page to stay informed about what is happening for students.



## Other News

# Benny's Student Video goes Viral

BY MR. A. MILARDOVIC

*Late last June, a talented group of St. Benedict students, led by Tully McWatters, created a remake of the "Disney Recess" TV Show theme. The video was so close to the real thing, that the video went viral within days.*

After being informed that it had been posted to YouTube, many staff and students ensured that others saw the video. It was originally presented to the school as a part of the closing assembly at the end of the school year.

The story was picked up by [The Record](#) on June 30th and [The Cambridge Times](#) in its July 3rd issue. In less than a week, the video had over 200,000 views. Currently it has over 360,000 hits.

Tully is continuing to hone his skills through the Radio and TV Arts program at Ryerson University. He is joined by fellow graduate Julia Wittmann. Tully and Julia co-produced SBTV last year. We are proud of their accomplishments and look forward to seeing more from them in the future!

[Watch the Recess Video](#)



**Screen capture from the now famous Disney's Recess Opening Theme Remake. The video has over 360,000 hits.**

## Upcoming Events

### Wednesday, September 4

- 2:40pm Jr. Boys Football tryouts
- 2:45pm Cross Country: Team practices begin

### Thursday, September 5

- 11:00am Camera Club
- 11:00am Lost Club
- 2:30pm Jr. Girls Basketball tryouts
- 2:30pm Girls' Workout Club
- 2:30pm Games Club
- 2:30pm Girls Field Hockey tryouts
- 2:40pm Jr. Boys Football tryouts
- 2:45pm Sr. Boys Volleyball tryouts
- 2:45pm Jr. Boys Soccer tryouts
- 4:00pm Sr. Girls Basketball tryouts

### Friday, September 6

- 11:00am Accepting Differences Club
- 11:00am Puzzles Club
- 11:00am Outers Club meeting
- 11:00am Girls Golf
- 11:00am Tennis team info meeting

### Friday, September 13

- 2:25am Course change deadline
- 11:00am Accepting Differences Club
- 11:00am Puzzles Club
- 2:35pm Doctor Who Video Club

### Monday, September 16

- 11:00am Accepting Differences Club
- 11:00am Puzzles Club

### Tuesday, September 17

- 11:00am Games Club
- 11:00am Programmers' Club
- 11:00am Puzzles Club

### Wednesday, September 18

- 11:00am Lost Club
- 11:00am Puzzles Club
- 2:45pm Hip Hop Dance Crew
- Spirit Day
- BENN Newsletter release

11:00am Boys Golf meeting  
2:30pm Jr. Girls Basketball tryouts  
2:30pm Girls Field Hockey tryouts  
2:35pm Doctor Who Video Club  
2:40pm Jr. Boys Football tryouts  
2:45pm Jr. Boys Soccer tryouts  
4:00pm Sr. Girls Basketball tryouts

#### Monday, September 9

11:00am Accepting Differences Club  
11:00am Puzzles Club  
2:30pm Girls Field Hockey tryouts

#### Tuesday, September 10

11:00am Games Club  
11:00am Programmers' Club  
11:00am Puzzles Club  
11:00am Science Team

#### Wednesday, September 11

11:00am Lost Club  
11:00am Puzzles Club  
2:45pm Hip Hop Dance Crew  
Spirit Day

#### Thursday, September 12

11:00am Camera Club  
11:00am Lost Club  
2:30pm Girls' Workout Club  
2:30pm Games Club  
Link Crew Mass

#### Thursday, September 19

11:00am Camera Club  
11:00am Lost Club  
2:30pm Girls' Workout Club  
2:30pm Games Club  
6:00pm Badminton club  
7:00pm Grade 9 Meet the Teacher night  
7:00pm Grade 9 Link Crew Dance

## Did you know?

**There are already over 500 entries on our school calendar on the website!**

**This means plenty of opportunities for your son or daughter to get involved!**

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. To see the full calendar, go to [Benny's News](#) ► [Calendar of Events](#).

## Miscellaneous

### We want to know...

Thank you to those who have taken time to provide us with feedback. 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.

