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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 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](#)

[Ms. Maureen Gill](#)

[Ms. Laura Varriano Lane](#)

Madalyn Frampton,
Miyuki Sesoko, Sara Sheikh,
Ally Suarez, Vanessa Winiarz

Next Issue

March 11, 2015

Thoughts for the Lenten Season

I recently read an article on the Time website, titled [Pope Francis' Guide to Lent: What You Should Give Up This Year](#), and it got me thinking about my own Lenten journey. One line stood out for me:

[Pope Francis] often quotes the early Christian mystic John Chrysostom who said: "No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great."

This gave me pause for thought about the whole notion of *giving something up for Lent* and made me think about taking it to the next level—can I make a sacrifice that will also help someone else? Is there a way I can be more charitable, or work towards social justice as part of my journey? I struggled, and I'm not sure if I found the answer. When you look at all the injustices that surround us, it is quite overwhelming... what's a person to do??

What are you doing for Lent? Nothing yet? Lent has begun, but it's never late to join the journey.

- Editor

Administrative

News from the Guidance Department

By MR. M. AMBEAU

Course Selections for 2015 - 2016

For the past week, counsellors have been visiting classrooms to discuss the important process of choosing courses for the 2015 – 2016 school year. The decisions that students make now regarding their choices for next year are what drive the scheduling decisions that are made with regard to both the courses and the numbers of sections that we offer at the school next year. The importance of

making the right choices should not be underestimated as inappropriate course changes are not always easily corrected once the school year is under way.

As has been the practice for the past number of years, students will be choosing their courses on-line through Career Cruising. All students have received detailed instructions regarding the process for choosing their classes. The site can be accessed as follows:

1. Go to the Career Cruising website.
2. Your Username is the prefix "wl-" plus the last 5 digits of your student ID and the first 3 characters of your last name.
3. Your Password is your birth date. (mmddyyyy) For example, if your birthdate is August 25, 1990 your password will be 08251990. You will be asked to change your password when you log in for the first time.

Are you interested in a co-op program for next year? Do you have questions?

Please see Mr. Jankura or Mrs. Crowell in the coop office for details. You will also need to fill out a separate information package that can be picked up in guidance.

Please note that course selections must be submitted to the school and signed by a parent, by Tuesday March 3rd. Students are encouraged to consult the course calendar, as well as subject specific teachers and guidance counsellors for help making the correct decisions. In addition to before school, after school and during the school day, guidance counsellors will also be available in Room 224 at lunch on specific days leading up to the deadline date.

SHSM and Course Selection

All students who are registered in one of the Specialist High Skills Major programs should have received a report which indicates their progress in their sector of choice. Students should use this report to make sure that they choose courses for next year which will allow them to complete the SHSM academic requirements.

Attention Grade 12's Planning to Graduate in June

The graduation ceremony for this year has been set for June 24 at Kinsmen Auditorium in Kitchener. Students planning to graduate in June must have all graduation requirements completed in order to attend the ceremony. These requirements include 30 credits, successful completion of the literacy requirement and 40 Hours of Community Service. All Community Service Hours must be completed and documented at the school by the end of May. Please hand your completed community service hour forms in to the main office.

Community Service Opportunity

The City of Cambridge is currently recruiting LIT's (Leaders-In-Training), to assist Playground leaders with children's programs at summer playground sites. This "hands-on" leadership experience is available to students ages 13 - 15 and is a great way to earn volunteer hours, have fun and improve your resume. Contact Andrew Pronk at pronka@cambridge.ca or 519-740-4681 (ex 4331) if you have any questions. Application forms are available in guidance or at:
http://www.cambridge.ca/community_services/volunteer_opportunities

What is Specialist High Skills Major (SHSM)?

The Specialist High Skills Major (SHSM) is a Ministry approved program that encourages students to focus their education on a specific employment sector.

Components include:

1. A bundle of courses related to a major
2. Co-op experience in an area of interest
3. Industry-recognized certifications related to the employment sector

Students who successfully complete all components of the program earn a Specialist High Skills Major (Red Seal) designation on their Diploma.



Why get involved?

No matter which path you follow after high school, you will have a better idea of your direction and future career choice when graduating with a SHSM Red Seal. You will:

- understand how and why your classes apply to your future career
- obtain training and certifications from experienced industry staff (e.g. First Aid & CPR)
- learn on-the-job skills during a co-op placement
- gain experience in your field of interest

Majors offered at St. Benedict's C.S.S. in 2014-15

Arts & Culture • Business
Construction • Energy
Environment • Health & Wellness
Hospitality & Tourism
Information & Communications
Justice & Community Safety
Manufacturing • Transportation

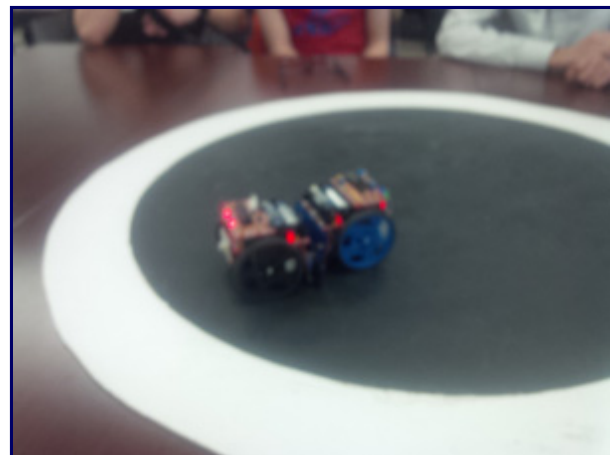
How and when to get involved:

Experiences start in Grade 11 or 12. Now is the time to sign up and get involved! Sign up forms are available in the Guidance Office. More information can be found online at www.highskills.ca.

SHSM and Programming students ZOOM into IT Careers

BY MR. A. MILARDOVIC

Today students in the grade 11 programming class and members of the Information and Communications Technology SHSM group got to participate in some exciting workshops and talk about technology with several businesses at the Communitech Hub in Kitchener. With thanks to the Business & Education Partnership of Waterloo Region and our High Skills Major staff at the Board Office, students got a lot of great experiential learning which should help them as they plot their educational path. Among other things, they got to play with miniature robots, walk through a virtual 3D world in the HIVE, learn about writing for the online world, and talk about the process of developing a business idea.



The day-long event gave students food for thought as they consider the many options they have post-secondary. Every presenter had a unique story to tell about how they got to where they were, and their messages to the students were similar. Do your research. Plan, plan, plan. Follow your passions.

Learn from your failures. Challenge yourself.



An interesting side note to the day was that I was approached by three young people who were working at the event on behalf of three of the sponsoring organizations; all three of them were Bennie's grads. I spoke with Evan Wittmann, who works in Undergrad Recruitment for the University of Waterloo. When I asked him if he ever pictured himself working in his position while he was in high school, he just chuckled. "I didn't even like talking to people... now that's all I do!"

We are grateful to have such "out-of-the-box" learning opportunities for the students. Students who are in grade 10 who are looking for great learning experiences outside of the classroom should consider the *Specialist High Skills Major* program when making their course selections for the new school year. See Guidance for more details.



Lenten mission collections to help various charities

BY MISS M. REDFEARN

During the season of Lent there will be mission collections on Thursday to provide students and teachers the opportunity to donate to charity.

This week's mission collection will be to raise funds for the Mom2Mom Africa library initiative. With the money, the United Cultures Club will purchase books for schools in Arusha, Tanzania. The books will be brought to the students in April.

We hope to raise about \$250-\$300 to buy a variety of children's books and novels.

For more information about Mom2Mom Africa, feel free to check out the website:

<http://www.mom2momafrika.ca/>

Thank you in advance for all your support!

Bennies Students Attend Culture of Life Leadership Conference

BY MRS. M. ROCHA

On Thursday, February 12, a group of students from the Making A Difference Club attended a pro life leadership conference at the Nicholas Mancini Centre in Hamilton. They were educated and inspired by speakers who focused on the topics of prenatal diagnosis and euthanasia. They were also provided a great lunch and attended mass with Bishop Crosby at Cathedral Basilica of Christ the King.



The day was a worthwhile experience for the students who were left feeling that they would like to bring more awareness to their peers about the various aspects of the pro life movement.

Academics

Enriching the Lives of Students

By Mrs. D. Wittmann

Visit the Enrichment blog for interesting articles, enrichment Links, school achievements, and enrichment course information: Enrichment@St.Benedict.blog.



COMM Corner

By Mrs. D. Wittmann

Visit the English blog for information regarding our English programs, Literacy, interesting articles, and English links: English@St.Benedict.blog.

Saints programmers rise to the challenge

By Mr. A. Milardovic

Last Wednesday, seven of our students wrote the UW Canadian Computing Competition. The programming contest, which tests students' problem solving skills, involves trying to solve five problems in three hours. The programs quickly increase in complexity, and it is rare to complete even three of the programs.

Having said that, several of our students did achieve success. Out of a possible 75 points (15 per program), Barry Rastrullo got 54 points (nearly completing four problems), James Burns got 42 points, and Danny Cheng got 41 points.

You never know what sort of problems you will get, but it did not stop our programmers from pushing themselves to solve the problems. Congrats to all participants on their success!

Our programmers will next see action in the ECOO programming contest at the end of March. Students interested in being a part of our ECOO programming team should see Mr. Milardovic in room 214 at the beginning of lunch any day.

Do you need help with the math unit being covered in class?

Want extra support with your math homework?

Need a place to work on your math?

Come to the Math Help Room 309 at lunch. We are open every day.

Athletics

Midget Boys Basketball Team D8 Champs

By Mrs. L. Edwards

Congratulations goes to the Midget Boys Basketball Team for a solid win and claiming the D8 championship Monday afternoon. The Saints took on the Resurrection Phoenix in the D8 finals with a blowout of 70-30 and remained undefeated for the season. All the

The logo for 'BENN BOX SCORES' features the word 'BENN' in a large, stylized, blue font with a small graphic of a person in a blue uniform inside the letter 'B'. Below 'BENN' is the phrase 'BOX SCORES' in a smaller, blue, blocky font.

Midget Boys basketball
Saints 55, Resurrection 26
Saints 70, St. David's 6
Saints 59, Resurrection 28
Saints 56, St. David's 14

boys contributed to the win. Top scorers for the game were Brayden Harris and Eric Trottier both scoring 16 points.

D8 CHAMPIONSHIP
Saints 70, Resurrection 30

Jr. Boys basketball
Saints 35, Rockway MC 29
St. Mary's 64, Saints 44

Sr. Boys basketball
Saints 64, Resurrection 45

Bennie's swimmers savour success

By Miss S. SKINN

Last week our swim team competed and after some very tough competition here are some of the more notable results:

Kyson Vi qualified for OFSSA in the 100m breaststroke beating the time for qualifying by over 1 second! Kyson will compete again in March. He placed 5th in 100m individual medley and 6th in the 50m freestyle.

Alexandra Kerry represented Bennie's with an injury to her shoulder and still had a great time, coming second in the 100m freestyle. She was 7th with some very tough competition in the 50m freestyle.

Meagan Byrne placed 8th in the 50m backstroke with a personal best time of 41.97s.

Noah Thomas paced 8th in 100m free and 200m free and was within 0.1s of OFSSA time for the 100m backstroke.

Sarah Joseph competed in the 100m individual medley and 100m backstroke and for both events posted faster times than at D8.

Stephen Taborek, our grade 9 competitor, completed the 100m free and maintained his D8 time. Congrats to all our swimmers!!

Junior Girls Volleyball

By Mr. J. CURTIS

Our Junior Girls Volleyball team ended their season two weeks ago in a heart-breaking semi-final loss to St. David's. Coaches Pam, Mr. Curtis, and Ms. Penalzoza want to congratulate all the girls on an extremely successful 12 and 2 season and 2nd place finish in the highly competitive D8 league.

Despite the disappointing finish to the season, we were so proud of the way you competed in every match, even the last one, and the way you represented Bennie's both on and off the court.

Stay up to date with District 8 Sports

Now receive sports updates in your email or on your mobile device!

The new [District 8 website](#) now allows you to sign up themselves for nightly e-mail updates. You can select the school (or schools) you want to follow, and all the sports results will be sent to your email address.

The service is free. Sign up by [following this link](#).

Track and Field training begins!

By Mr. F. WITTMANN

Indoor practices will take place after school Mondays, Wednesdays, and Thursdays starting Monday, March 2nd! Meet in the Phys Ed Hallway ready for one hour of fitness starting at 2:20.

Student Activities

Semi-Formal generates warm feelings on a frigid night

By MR. J. CURTIS

Despite the sub-zero temperatures outside the Holiday Inn, our staff and students generated many heartwarming memories at our Annual Semi-Formal held on the night before Valentine's Day.

Over 350 students braved the winter cold to gather together and dance (or frantically jump up and down?) the night away at the Venetian Masquerade. With elegant gothic decorations and whimsical masks, our guests enjoyed the lively music and cool refreshments, along with the occasional door opening that offered a blast of frigid February air to regulate the room temperature.

Once again, our Student Activities Council (SAC) designed, arranged, and organized a spectacular event for our students. From the friendly greeting at the main lobby, through the efficient coat check, ticket station at the entrance, and photo booth, SAC members provided friendly, accommodating service everywhere at the event.

Of course, the night would not be complete without the support and encouragement of dedicated teachers who gave up their time on a Friday night to supervise the event. A special thanks goes out to Ms Gill, Mrs. Friedrich, Mrs. Missio, Mr. Meyer, Ms McKellar, Ms Soers, Mr. Bailey, Mr. Riso, Ms Redfearn, Mr. Reitzel, Ms Reis, Mrs. Santamaria, and Mrs. Temple. All of whom found a delicate balance between enforcing the rules and encouraging a good time.

Even though the theme of the Semi-Formal was Venetian Masquerade, there was so much to get excited about that you couldn't hide our Bennies spirit!

The Arts

Other News

Upcoming Events

Thursday, February 26

10:45am Lost Club
10:45am Puzzles club
10:45am Making a Difference Club
2:10pm Games Club
2:15pm Girls Workout Club
2:15pm Math Club
2:20pm Jazz Band
7:00pm School Council

Friday, February 27

Professional Activity Day

Monday, March 2

10:45am Benny's Press Team meeting
10:45am Because I Am Girl
2:15pm Fitness Club
2:20pm Concert Band

Wednesday, March 11

8:00am Standard First Aid & CPR-C Training
10:45am Lost Club
10:45am Financial Club
10:45am Camera club
2:15pm Fitness Club
2:25pm Yearbook Club
BENN Newsletter release

Thursday, March 12

8:00am Standard First Aid & CPR-C Training
10:45am Lost Club
10:45am Puzzles club
10:45am Making a Difference Club
2:10pm Games Club
2:15pm Girls Workout Club
2:15pm Math Club
2:20pm Jazz Band

Tuesday, March 3

- 8:00am Leadership & Personality Dimensions Training
- 10:45am Arts Council meeting
- 10:45am Robotics Team
- 2:15pm Fitness Club

Wednesday, March 4

- 8:00am Energy Efficiency Training
- 8:00am Fitness Training
- 8:00am Stage Combat Fighting Training
- 10:45am Lost Club
- 10:45am Financial Club
- 10:45am Camera club
- 2:15pm Fitness Club
- 2:25pm Yearbook Club

Thursday, March 5

- 8:00am Curatorial Techniques Training
- 10:45am Lost Club
- 10:45am Puzzles club
- 10:45am Making a Difference Club
- 2:10pm Games Club
- 2:15pm Girls Workout Club
- 2:15pm Math Club
- 2:20pm Jazz Band

Friday, March 6

- 10:45am Star Trek Club
- 10:45am Programmers club
- 10:45am United Cultures
- 10:45am Fresh Club
- 2:15pm Doctor Who Video Club
- MAD Overnight fast

Sunday, March 8

- Daylight Savings Time begins

Monday, March 9

- 10:45am Benny's Press Team meeting
- 10:45am Because I Am Girl
- 2:15pm Fitness Club
- 2:20pm Concert Band

Tuesday, March 10

- 8:00am Elevated Platforms & Scaffold Safety Training
- 8:00am Electrical Safety + Health & Safety Training
- 10:45am Arts Council meeting
- 10:45am Robotics Team
- 2:15pm Fitness Club

Friday, March 13

- 10:45am Star Trek Club
- 10:45am Programmers club
- 10:45am United Cultures
- 10:45am Fresh Club
- 2:15pm Doctor Who Video Club

Did you know?

There are over 1,300 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 our 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.

Keep up with what's happening at St. Benedict's using your cell phone



Visit stbenedict.wcdsb.ca/calendar.php from your cell phone. (Be sure to bookmark it!)

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.

