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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 in electronic format 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](#).*

## Note from Administration

On behalf of our administrative team, Glenda Leusink, Lou Bellini, Simone Beaucage, and myself, we wish to welcome everyone back to another school year!

We would like to thank all the staff, students, and parents who joined us last week to register for this up coming school year. With your help we were able to register over 1500 of the projected 1700 students for this school year, this really helps to start the school year on a positive note. A special welcome to our grade 9 students and families. Being new to the St. Benedict community, we hope the orientation and Link activities with our staff and student leaders have been supportive and help you to settle more quickly into our community. We begin the year with hopes and plans of every student experiencing success and opportunity, so we are looking forward to a great start for everyone.

We encourage students to pay close attention to the morning announcements and daily Ranger announcements (on going TV slide show) to take advantage of getting involved in school activities outside the classroom as well. The year does start quickly with fall sport teams, art performances, clubs and activities. Share your gifts with us!

We ask parents to pay close attention to Student Information Sheets for each course, they are sent home in the opening days of classes; they outline the key expectations for success in each program area. If you have questions please contact the teachers for clarification. The student agendas are also a great place for information regarding school policies and procedures.

Again, welcome back and we wish all families a peace filled and successful school year.

- Mr. J. McKinnon, Principal

## NEWSLETTER SURVEY

BY MR. A. MILARDOVIC

In June, the members of the BENN newsletter SIP (School Improvement Plan) Team invited readers of our newsletter to complete a short online survey. Out of the 270 subscribers to the newsletter, 77 took the time to complete the survey... that's nearly 25 percent! Better than some election turnouts.

## ARE YOU SEEING DOUBLE??

For this issue of BENN, some of you may receive two copies of the newsletter. We are in the midst of a transition from the Bravenet mailing list service to the Board's own proprietary newsletter system. For the next 2-3 issues we will be sending the newsletter from both services.

## SO, HOW ARE WE DOING?

Here are some of the results (values approximate):

- **75%** of our subscribers are female
- **82%** are parents of Benny's students
- **28** respondents had a son or daughter in grade 9, **21** in grade 10, **18** in grade 11, and **11** in grade 12
- parents with sons outnumbered parents with daughters in every grade
- **56%** don't have children younger than those at Benny's

## DO I NEED TO DO ANYTHING?

Take a look at your subject line. If, after the issue number, you see **(NW)**, that means your email address was successfully transferred to the WCDSB NewsWire service and you do not need to do anything. If you *only* receive the one with the **(BN)** at the end, you will need to go to the [St. Benedict C.S.S. website](#) and register anew. We apologize for any inconvenience this may cause.

- **two thirds** of respondents read each newsletter more than once
- the average score on each section (out of 5) was **between 3.9 and 4.3**
- **92%** feel that there is a good number of articles in the BENN
- **97%** find the BENN very or somewhat informative
- **90%** feel that biweekly is a reasonable frequency
- **93%** were very or somewhat satisfied with the newsletter

Thanks to everyone for their comments and suggestions.

## Administrative

### H1N1 IN WATERLOO REGION

#### SPECIAL ARTICLE

The Waterloo Catholic District School Board, the Waterloo Region District School Board and Region of Waterloo Public Health have been working closely together this summer to ensure the Region's schools respond effectively against the spread of the H1N1 influenza virus.

At this time, Public Health is not asking school boards to take any "special actions" outside of normal procedures. This means that (just as we did last school year) we will continue emphasizing proper hand washing among staff and students, promoting cough / sneeze etiquette (e.g. sneezing into the crook of your arm and not your hands) and encouraging staff and students who are ill with flu like symptoms to remain at home until they are well. We appreciate your continued assistance as parents / guardians in helping us convey these key messages to your children.

Since there are no public health reasons at this time for the school boards to take any special actions regarding H1N1, Catholic and Public schools in Waterloo Region will not be providing alcohol based hand rub (ABHR) for either students or staff. However, staff and students may use ABHR (60-90% alcohol) at their own discretion – with students doing so only under adult supervision.

We will keep you up to date on any new developments concerning the flu and encourage you to visit the [Region of Waterloo Public Health website](#) for more information and tips on fighting the flu.

### GREETINGS FROM THE CHAPLAIN

By Mr. B. Rempel, Chaplain

Today we began another year of Catholic education at Bennies. We continue to take seriously the faith component of our school community. Our daily prayers the first week of school and our opening school mass will focus us on the theme for this year's Catholic Education Week (May 2-7), which is "Catholic Education: Rejoicing in Hope." As always, you are welcome to join us for our opening School mass on Tuesday, September 29 at 9:30 am in the gym. We are grateful to Father Freitas of St. Mary of the Visitation Parish for celebrating mass with us.

The Spiritual/Social Justice SAC leaders (Rebecca White and Laura Milani) are already planning daily prayers, giving projects and social justice initiatives for this next year. We will continue to engage the school in emphases which highlight the gospels' preferential option for the poor and marginalized.

Retreats are also an important part of the beginning of each semester. Grade 10 religion students will spend a day at Hidden Acres retreat center exploring how we can take care of ourselves, others and God's creation. Grade 9 religion classes will meet in the chapel for a period to explore how prayer affects our lives.

Together as staff and students we continue to make our Catholic Christian faith real and relevant to our school community, our Cambridge community and our world community.

#### 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](#).

## **[CLICK HERE FOR NEW ST. BENEDICT UNIFORM PRICING AND INFORMATION FROM R.J. MCCARTHY'S.](#)**

**ATTENDANCE ISSUES** If your son or daughter is absent from school on a particular day, please try to call the school by noon *that same day*. **The direct phone line for the attendance office is (519) 621-4001.**

**UNIFORMS** A reminder to 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.

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

Students are reminded to keep hats and cell phones in their locker 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 will have those items confiscated for the day and will be consequenced.

## **Academic**

### **ENRICHING THE LIVES OF STUDENTS**

By Mrs. D. Wittmann

Whether a student is a high achiever, gifted learner, creative thinker, or simply has a desire to expand his or her knowledge, there are programs available. Take a look! **Grade 12 University**

#### **Autonomous/Interdisciplinary Course (IDC4U)**

The Interdisciplinary Studies Course is appropriate for students with diverse abilities, interests, and learning styles. In their focus on real-life contexts, interdisciplinary studies courses tend to be highly motivating. They help students develop their knowledge and skills as a result of working on meaningful projects. They also provide opportunities for students to explore issues and problems that interest them from a variety of perspectives.

[ClassNet link for the IDC4U course](#)

### **AREA UNIVERSITIES OFFERING INTERDISCIPLINARY STUDIES**

University of Waterloo (Bachelor of Knowledge Integration)

Wilfred Laurier University (Contemporary Studies)

University of Guelph (Interdisciplinary Studies)

McMaster University (Interdisciplinary Studies)

### **WATERLOO UNLIMITED**

High School Enrichment, the Waterloo Way

Waterloo Unlimited is a unique enrichment opportunity for high school students in grades 10 through 12.

Offered during the school year, Unlimited brings together curious, motivated, well-rounded teens from across the country.

<http://www.unlimited.uwaterloo.ca/>

### **QUEEN'S UNIVERSITY E=MC2**

Enrichment Mini-Course (E=mc<sup>2</sup>) provides motivated above average and gifted students in grades 9-12 the unique opportunity to come to Queen's and study a thematic track of their choosing at an advanced level for one week. The academic component of the program is designed to allow participants the freedom to interact and learn in an environment sensitive to their level of development. The combination of academics, residence life, and extra-curricular activities provides students with a sample of university life.

[http://esu.queensu.ca/pages/EMC/emc\\_index.html](http://esu.queensu.ca/pages/EMC/emc_index.html)

## **BRAIN BEE (LAST SATURDAY IN FEBRUARY 2010)**

A Brain Bee is a competition for high school students, where competitors answer questions about the brain and neuroscience. Students study topics on memory, sleep, intelligence, emotion, perception, stress, aging, brain imaging, neurology, neurotransmitters, genetics, and brain disease (just to list a few). They then compete in a one-day competition with other local students to determine a winner, who may proceed to the national or international competition.

<http://www.ahs.uwaterloo.ca/~brainbee/index.html>

## **OTHER OPPORTUNITIES**

Visit the Waterloo Catholic District School Board [gifted students page](#).

## **THE IMPORTANCE OF READING**

By Mrs. D. Wittmann

In elementary school, students are asked to read a minimum of fifteen minutes each night to improve reading skills. This philosophy also holds true in high school.

## **READING MODELS WRITING**

Reading improves a student's ability to write. Reading improves spelling, diction, syntax, vocabulary, creativity... the list is endless! To become a great writer, you must be a reader.

## **ONTARIO ENGLISH CATHOLIC TEACHERS ASSOCIATION**

OECTA has put together [A Home Reading Guide: Literacy for Life](#). Here is a brief summary of their strategies:

1. Become a reading model
  - Goal 1 - Let your child see you read something every day
  - Goal 2 - Join the local library
  - Goal 3 - Subscribe to a magazine
  - Goal 4 - Start a family library
  - Goal 5 - Be positive
2. Build a home reading environment
  - Step 1 - Establish a reading routine in your household
  - Step 2 - Provide a variety of reading materials
  - Step 3 - Motivate and encourage your child
  - Step 4 - Show your child that you value reading
  - Step 5 - Share the reading experience with your child
  - Step 6 - Make reading relevant
  - Step 7 - Make reading fun

## **LOOKING FOR A GREAT READ?**

Ask a friend, a parent, a teacher, a librarian - or check out these sites:

<http://www.cambridgelibraries.ca/ya/read.cfm>

<http://www.ala.org/ala/mgrps/divs/yalsa/booklistsawards/booklistsbook.cfm>

## **MATH NEWS 2009-2010**

By Miss C. Stockie

This year, the Mathematics Department would like to invite any students who are MAD about Sudoku's - who can't keep their hands off their Rubik's Cube - who know that pi can be so much more than just a blueberry-filled tart - or who just want to brush up on their Math skills - we want you to participate in one (or all) of our many events:

**Math Club** - bi-weekly, beginning Monday, September 21st, 2009

**Canadian Open Math Contest** - November 25, 2009

**University of Windsor's Math League** - beginning October 2009

**Math @ MAC** – November 2009

**University of Waterloo's Pascal** (gr. 9), **Cayley** (gr. 10), **Fermat contests** – February 2010

**U of W's Euclid (gr. 12) contest** – April 2010

**U of W's ELITE junior math contests** – April 2010

**Waterloo Catholic District School Board Math Olympics** – May 2010

Sign up to be part of our on-line mailing list by contacting either the Math Office or your Math Teacher, and we promise to keep you up-to-date on approaching events, contest results and the NEW Math Wall of Fame! Stay tuned to Ranger announcements, your Math teacher, and the BENN newsletter for more details.

## **BIG YEAR FOR PERFORMING ARTS**

By **MR. A. RENNER**

2009/2010 is shaping up to be one of the most exciting years yet for Arts at St. Benedict; here's just a quick run down of what's coming your way this year:

You know that person you sit next to in Math class, who you heard was a great singer/piano player/guitar hero, but never got a chance to hear? Or, are YOU that person? Well, Coffee House is your big chance! This popular open-mike night has developed a large following, so start getting ready now to be a part of it; there will be one for each semester. Guaranteed, you'll be blown away by the talent at this school!

In January, the grade nines have their chance to take centre stage in their own show, an adaptation of Where The Wild Things Are, directed by Mr. Paolo. There's no better way to get involved with drama at Bennies!

February is all about the SEARS Ontario Drama Festival, the largest and longest running high school drama festival in the world. From Feb. 22-26, our school will be host to performances from 13 other high schools in the Waterloo District, including our own entry, an adaptation of The Book of Esther, directed by Mrs. Cox. Since 1993, Bennies has built a reputation for bringing strong shows and amazing spirit to the festival; this year will be no exception!

From April 28th - 30th, Bennies will be mounting a production of Disney's High School Musical. That's right, you heard me - HIGH SCHOOL MUSICAL. Yeah, like the movie . . . only BETTER! Whether you're a singer, a dancer, an actor, a musician or a techie - there is a role for you in this fast paced, high energy show. Directed by Mrs. Rocha, Mrs. Petersen and Ms. Parkinson, this will go down as one of our biggest musicals ever!

Also: Choir, Symphonic Band, Performance Band, Dance Crew, Tech Crew, Arts Council . . . if you're into the Arts, then you came to the right school!

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### **WCDSB STUDENT SUCCESS SITE**

<http://bss.wcdsb.ca>

Resources to help you help your son or daughter succeed.

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## **Clubs & Athletics**

### **JUNIOR GIRLS' BASKETBALL TRYOUTS**

By **Ms. K. BEAUDRY**

All enthusiastic, hardworking grade 9 and 10 girls are invited to come and tryout for our junior girls basketball team! Tryouts will take place Wednesday, September 9th (the first full day of school), and continue Thursday and Friday immediately after school at 2:40 in the gym. Our regular season District 8 schedule gets underway mid-September and runs until the first week of November.

Be sure to bring proper gym clothes and footwear, as well as a water bottle. Be ready to work! If you have any questions, please feel free to contact Ms. Karla Beaudry, the head coach of the team. I can be found in the Science workroom during the school day, or reached via email at any time. I'm looking forward to meeting all of you at tryouts!

### **SENIOR GIRLS' BASKETBALL TRYOUTS**

By **MR. K. FRATARCANGELI**

Also for senior girls basketball, there will be a meeting at 3:45 p.m. on Wednesday September 9 followed by a practice at 4 p.m. - 5:45 pm in the big gym.

## **CROSS COUNTRY SEASON BEGINS**

By **MR. F. WITTMANN**

The cross-country team welcomes all newcomers and returnees to another exciting year of fun, fitness, and friendship. All are welcome regardless of ability.

The team meets every day after school - yes, even Fridays - starting Wednesday, September 9. Please meet in the Phys Ed hallway dressed to run by 2:40.

The

[Cross-country schedule](#) has been posted on ClassNet. Coaches Wittmann, Booth and Stang look forward to meeting you.

## **GIRLS' FIELD HOCKEY**

By **MISS B. BESTER**

There will be an information session Wednesday, September 9 at 2:30 in room 309 for all girls interested in trying out for the varsity field hockey team. Tryouts will be held Thursday September 10, Friday September 11, and Monday September 14 after school on the back field. Please dress appropriately for the weather and bring a mouth guard and chin guards if you have one. If you have any questions please contact coaches Rolt or Bester.

## **FOOTBALL TRYOUTS**

Junior and Senior football try-outs start on the first full day of school (Wednesday). Junior try-outs are for Gr. 9-10 and Senior is 11-12.

Senior Boys: Download, print, and complete the two forms for sneior football on the IMPORTANT FORMS page. You will not be allowed to participate until you complete and return these forms.

## **JUNIOR BOYS' SOCCER TRYOUTS**

By **MR. VRABEC**

We anticipate to start tryouts the first week of school, so any and all interested gr. 9s and gr. 10s are welcome to show us what they've got!

## **LOOKING FOR A FUN WAY TO GET ACTIVE ON TUESDAY EVENINGS?**

By **MISS B. BESTER**

Badminton club may be just the activity you are looking for. The club runs every Tuesday (starting September 22) from 6:00-7:30 in the school gymnasium. The club is open to all skill levels. All equipment needed to play is provided, just wear some gym clothes! So call a friend and come out and play.

Badminton team hopefuls can come out to increase and improve skills.

## **SYMPHONIC BAND**

By **MISS M. PARKINSON**

Calling all musicians!! Please come to room 101 after school on Wednesday September 9th for a brief meeting and music distribution. Our first full rehearsal will take place Wednesday Sept 16th from 2:30 - 3:45pm. If you can't make it to the first meeting that's okay just come prepared to play the following week. I have many

great opportunities planned for the band this year so don't miss out.

## PERFORMANCE BAND

By MISS M. PARKINSON

This group is open to all students with experience on their instruments. This band will perform for school liturgies and functions as well as compose and perform their own music. Please come out for a brief meeting on Monday September 14th at 2:30pm in room 101 for information regarding auditions. Can't wait to see you all there! :)

## OUTERS CLUB

By MISS M. NOVAKOVICH

**ATTENTION ANYONE INTERESTED IN JOINING THE OUTERS CLUB: DO YOU LIKE HIKING? CAMPING UNDER THE STARS???**

If you do, there is a brief, but very important meeting for anyone interested in the Outers Club on Thursday, September 10th in room 321 at 2:25 p.m. New members are always welcome!

## Student Activities

Welcome to a new school year! Student council is gearing up for another great year. Registration on September 1 and 2 was a great success. For those students that still have not registered, registration will take place before school from 7:30-8:00 September 8 – 11. Remember to bring your forms and \$40 (or \$65 if you would like a yearbook).

One of the most common questions during registration was "what do my fees cover"? The \$40 fee for all students includes: your own personal agenda, student card and lock, activities for the whole school (i.e. dances, lunch hour celebrations, games and activities), and money to run clubs. A listing of clubs and teams can be found in your agenda on page 10, please check them out and get involved. Remember to keep your white receipt this will be needed for new schedules or to pick up your yearbook next year.

For an additional cost of \$25 you can also buy a full colour 2009-2010 yearbook. If you did not include this as part of your fees at registration you can still buy a yearbook this week during registration times – bring your receipt and \$25. Yearbooks for 2008-2009 will be available at lunch in the atrium during the first week of school.

## Other News

### WHO IS MICHAELA?

If you followed the BENN newsletter towards the end of last year, you will have seen that a lot of fund raising activities were done to raise money for Michaela. Michaela Kameka is the 4-year-old daughter of Ann Kameka, an elementary school teacher in Tecumseh near Windsor. Michaela has MPS III-B, or Sanfilippo syndrome, a disorder that leads to severe neurological and physical deterioration before the body begins to shut down. In order to get Michaela treatment, the family needs to raise between \$500,000 and \$700,000 U.S.

It was at a provincial teachers' meeting that Mr. Milardovic heard about Michaela and decided to launch [The Million Penny Project](#) to help raise funds for the family. Starting just after Easter, the response throughout the Board was phenomenal. Several other schools helped Mr. Milardovic with his cause, and in ten weeks he managed to collect, count, and roll (with lots of help) over \$10,000 in donations. The St. Benedict community alone contributed over \$3600 of the amount collected. Through Student Activities, WAYVE, United Cultures, Junior Achievement groups, class bake sales, staff contributions to a coin collection jar in the staff room, the response here was nothing short of overwhelming. All this, on top of regular contributions to the other charitable causes the school supports.



"The support I got on this project from my colleagues and students was nothing short of phenomenal", says Milardovic. "This is a true testament to the spirit of *A Celebration of People* that resonates through the halls of St. Benedict C.S.S."

On Saturday, June 20, Mr. Milardovic and his family made the trip down to Tecumseh to deliver most of the contributions (some contributions were made using PayPal). Photos of the visit are posted on his website.

The following Thursday, the Cambridge Times decided to run [the article which was sent to them nearly two months ago](#). Since then Mr. Milardovic has been able to collect almost another 50,000 pennies. Who knows? Maybe in a few short months he will reach another million!

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***"The support I got ... is a true testament to the spirit of A Celebration of People that resonates through the halls of St. Benedict C.S.S."***

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## Dates to Remember

- September 8:** First day of school
- September 9:** 4:00 Sr. G. Basketball Tryouts
- September 9:** 2:30 Field Hockey Meeting Rm 309
- September 10:** 4:00 Sr. G. Basketball Tryouts
- September 10-11:** 2:30 Field Hockey Tryouts
- September 11:** 4:00 Sr. G. Basketball Tryouts
- September 21:** 4:30 Field Hockey Game @ Pillars Field
- September 22:** 6-7:30 Badminton Club
- September 23:** 3:30 Field Hockey game @ Home
- September 24:** 7:00, Grade 9 Meet the Teacher Night
- September 24:** 6:30-10:30pm Grade 9 Dance with LINK Crew

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

Check out our 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.

Any comments? [Send us an email!](#)

### **BENN STAFF:**

[Mr. Anton Milardovic](#) | [Mrs. Sophia Adach](#) | [Miss Bobbi Bester](#) | [Mr. Kevin Fratarcangeli](#)

