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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

Greetings!

We hope your children and families have settled in to a positive start to the school year. The opening weeks certainly are critical in building good routines and habits that support learning.

This year at St. Benedict we have focused our staff work on a vision: Faith and Community - Success and Excellence. This week we look forward to introducing our grade nine parents to our vision at our Grade 9 Parent night on Thursday, September 24 starting at 7:00pm. Parents will need their child's timetable, as we will have you follow a modified schedule of short classes to see our classrooms and meet the teachers for semester one. We look forward to meeting you.

We would like to make parents aware of a policy highlight that was identified in our summer mailing and highlighted again with students regarding *late assignments*. We have taken a focus on doing our part to ensure student work is completed in a timely fashion, that due dates and organizational skills are adhered to and developed. Students can expect to be assigned supervised study hall, with teacher support during lunch to complete any summative assignment that is not completed by its due date. Full details of the policy are outlined in the student hand book. Thank you for your support to help our students succeed at the highest level possible and helping them to develop responsibility for their learning.

Lastly, this week, as we encourage the support, interest, and involvement of parents in your children's education, we will be holding our initial school council meeting Thursday Oct. 1st. at 7:00. We invite all parents to join us. This first gathering will have a social focus, with time allotted for structuring school council and future endeavours. We look forward to seeing you.

Again we hope you have all settled into a great start, in the classrooms, the lunch rooms, the fields/gyms, stage and community.

- Mr. J. McKinnon, Principal

Administrative

FROM THE CHAPLAIN'S DESK

By Mr. B. Rempel

Bennies has been functioning well for several weeks. Besides the beginning of classes, teams and clubs are starting up again. A lot is going on.

On Tuesday, Sept 29 we will have an opportunity as a school community to "stop" for awhile and remind ourselves what it is we are about. We will celebrate Mass, beginning at 9:30, with Father Freitas presiding.

Grade 10 religion retreats will be held the month of October. Watch for permission forms and encourage your child to join the experience. We have a chance to get away in a more informal setting at Hidden Acres Camp. The theme for the one day retreat is "Take Care of Yourself, Others, and God's Creation". Students will leave school after the first bell and will return before the closing bell. Previous grade 10 students have found it to be a rewarding "day away".

[Mrs. Beaucage](#)
G to O - [Mr. Bellini](#)
P to Z - [Mrs. Leusink](#)

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

Our mission collection for the next 3 weeks is to support the valuable work of the Cambridge Food Bank. We are asking students to bring in food which will be donated to the Food Bank. The Food Bank is in desperate need of food to help the growing number of people in desperate situations. Send some food to school with your child on a regular basis.

Jeans Day in October will be to support the St Vincent de Paul societies at St Patrick's and St Mary's. They too are struggling to meet the needs of their clients. For \$2, your child can wear jeans that day (to be determined). All the money donated will be forwarded to these to parish societies.

Thanks as always for your generous support.

WHO IS YOUR ADMINISTRATOR?

The administrative contact for your son or daughter is based on your last name:
A to F -

GUIDANCE NEWS

By Mrs. P. KLASSEN

COURSE CHANGES

The Guidance Department would like to thank the parents, students and staff of St. Benedict for their patience and understanding during the first 2 weeks of the school year. Guidance is always a busy place, however the first 2 weeks are always "extra" busy as we work to register new students and work at making many course changes in a timely manner. A new procedure was put in place this year for course changes which allowed counsellors to make the most urgent and necessary changes first, followed by elective change requests. We are pleased to report that the vast majority of our students respected and followed our new procedure which helped us get students placed quickly and appropriately. Course changes for first semester have now ended.

GRADE 12S AND POST SECONDARY OPTIONS

The process of meeting with Grade 12 students to help them review and plan their post-secondary options has started. We have met with students who are planning to attend university and will be meeting with students planning to attend college, pursue an apprenticeship, or seek employment in the next couple of weeks. Many guests from Ontario universities and colleges will be visiting our school, and students with an interest in attending one of these presentations are encouraged to sign up in the guidance office for these presentations. Parents and students are also invited to attend the University Information Program which is being hosted by St. Benedict on **October 27 from 7:00 to 9:00 PM**.

Conestoga College is hosting the College Information Program on their campus on **Monday, October 19 from 6:00 to 7:30 PM and Tuesday, October 20 from 9:00 to 11:30 AM**. Both of these events will allow students and parents to obtain information that is needed to help them make this important decision.

If you have a son or daughter in grade 12, please encourage them to sign up to become part of our **email distribution list** (see inset) which will send out updates and reminders about visits, scholarships and deadlines.

ARE YOU IN GRADE 12? ARE YOU INTERESTED IN POST-SECONDARY INFORMATION?

Sign up to receive emails including the latest information about post-secondary opportunities, visits by colleges and universities, scholarship information, and other information that will help you plan for your future. Sign up is done in a few easy steps:

1. GO to the Benny's website at <http://stbenedict.wcdsb.ca>
2. CLICK on Guidance on the menu to the left
3. SELECT "Click here to join our information list!"
4. ENTER your name and email, and click SUBMIT.

For more information, talk to [Mrs. Menjolian](#) in the Guidance Office.

UP-COMING UNIVERSITY AND COLLEGE VISITS (TO OCTOBER 15):

October 1: Carleton University - 8:30 am
 October 1: King's College (Western) - 1:30 pm
 October 2: Niagara College - 8:30 am
 October 6: McMaster University - 11:30 am
 October 7: Conestoga College - 8:30 am
 October 7: University of Waterloo - 1:15 pm
 October 9: Ryerson University - 12 noon
 October 13: Huron University College (Western) - 10:00 am
 October 13: University of Guelph - 1:15 pm
 October 14: Wilfrid Laurier University - 8:30 am
 October 14: Brescia University College (Western) - 1:15 pm
 October 15: Mohawk College - 8:30 am
 October 15: Atlantic Universities Tour - 11:30 am to 1:00 pm

WE ARE HERE TO HELP YOU!

Student case loads are determined by alphabet as follows:

Counsellor's Name	Ext	Last names
Mrs. Wehrle	265	A - Con
Mrs. Klassen	190	Coo - Hum
Mr. Kritz	512	Hun - Od
Mrs. Menjolian	240	Oe - Th
Mr. Ambeau	503	Ti - Z

Mr. Jason Kent: Youth Care Worker (A - O), ext. 245

Mrs. Wendy Schuster: Youth Care Worker (P - Z), ext. 245

HELLO FROM STUDENT SUCCESS!

By MISS A. GLEISER

Student Success is a program that aims at fostering an environment that provides extra support for students to ensure overall success in school. The Student Success office is located on the 3rd floor in Seminar Room 3.2 (beside the Chapel). Student Success provides many wonderful programs such as:

- **Monitoring Student Progress:** Monitor student progress and provide support when needed.
- **Homework Club:** An after school program located in Room 224, Monday-Thursday from 2:30-3:30. This is open to ANY STUDENT who needs an extra hand with class work or just needs a space to get the homework done.
- **Link Crew:** A program specifically tailored to Grade Nine students to help with their transition into high school. This program helps create a school environment where all Grade 9 students feel supported and have a sense of belonging.
- **Attendance Tracking:** Monitor attendance of students at risk of not achieving success and provide required support.
- **Credit Rescue:** Work with students and teachers to help ensure that all students are successful in achieving their credits.

For even more information on Student Success, please check out the following website:

<http://pathways.wcdsb.ca/> -- Click on **About Us, Student Success, Parent Zone, Student Zone, Teacher Zone** and/or **Links**.

[CLICK HERE](#) FOR 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

GRADE 9 MATH HELP CENTRE

By Miss C. Stockie

End your math anxiety! Grade 9 students who would like to conquer their math courses by taking part in support activities on their lunch period can sign up or drop by room 310 from 11:10 to 11:40 (during lunch) on any day from Tuesday to Thursday. Support will be provided to help master prerequisite skills, deepen understanding of current topics, and prepare for upcoming tests and assignments. Bring your lunch and get ready to learn!



By Miss C. Stockie

Are you MAD about Sudokus? Can't keep your hand off your Rubic's Cube? Do you know that PI can be so much more than just a fruit-filled tart? Or do you just want to brush up on your Math skills?

If so, then the Math League wants YOU!

Bi-weekly in-school contests can be picked up from your Math Teacher, or from outside the Math Office beginning on Monday, September 21st. Practice sessions run on Wednesday, September 23rd in room 309 in the morning AND after school.

Contests are DUE by Friday, September 25th. Prizes awarded for participants from EVERY GRADE.

Good luck - and have fun!

WCDSB STUDENT SUCCESS SITE

<http://bss.wcdsb.ca>

Resources to help you help your son or daughter succeed.

Clubs & Athletics

JUNIOR SAINTS LOOK TO DEFEND FOOTBALL CROWN

By Mr. J. Vale

After a 6-0 season last season, Coaches Lowes and Vale are very excited about the potential of once again winning their division this year. The Junior Saints have had a great training camp and are ready and excited to open their season on September 29th against Eastwood.

After the departure of stars Kyle Americano and Robin Petrie, the Saints will be counting on a mix of rookies and veterans to contribute to their winning ways. Dequan French-Gray, Drew Walden, John Walden and Kurt Eva will be a force on the defensive side of the ball. Offensively, quarterback Jay Hatherley is poised to have a big year, along with wide receiver Amanze Anurukeh and linemen Steve Williams and Wade Cole.

The Saints will be playing on their home field on October 6th, October 13th, and November 3rd. Come out and support your team! Go Saints!

FIELD HOCKEY Congratulations to the girls on a hard-fought 0-0 tie versus St. Mary's this Monday. Next action is this afternoon here at home versus Monsignor Doyle C.S.S.

CROSS COUNTRY This is your last chance to join the cross-country team, where the goals have always been fun, fitness, and friendship. See Mr. Wittmann or Ms. Booth ASAP. All are welcome!!

DECA MEANS BUSINESS

By MRS. C. RATZ

Are you interested in:

- Networking with business leaders?
- Developing business skills?
- Solving real business problems?
- Meeting students from across Ontario?
- Making your resume or college/university application stand out?

DECA is where it's at!

DECA is a North American-wide association of students who develop their business skills and interest through a series of competitive events. During competition, students are given a business problem and a limited amount of time in which to solve it. At the end of the preparation time, students meet with a business person and present their solution. Through regional competitions, students can qualify to compete at the provincial level and in turn at the international competition.

This year's Regional competition will take place at Bingeman Park in Kitchener on November 19. Qualifying participants will then advance to the provincial competition which will be held at the Toronto Sheraton Centre on February 8-9, 2010.

DECA members meet Thursdays in Room 208. Students can attend a meeting at either 7:15 am or 2:40 pm each week.

An initial registration fee of \$50 applies. This includes membership in DECA Ontario, the cost of regional competition and a refundable \$10 deposit on DECA preparation materials.

There's still time to join!

Go to the Clubs and Teams section on Classnet and select the "Category Sheet" under DECA. Print and complete the form. Bring it with your registration fee to the DECA meeting on Thursday, September 24 or to the Business Workroom (across from room 208) by Friday, September 25.

For more information on DECA, please see Mrs. Beyerle, Mr. Fage or Mrs. Ratz.

During competition, students are given a business problem and a limited amount of time in which to solve it.

ARE YOU M.A.D.?

Are you M.A.D. at the injustices in our world? Does it make you crazy that so many innocent people are being exploited at this very second? Do you want to join a team that will work together to shed some truth and light on some very important issues? The M.A.D. Movement invites you to Make A Difference. Join us after school every other Wednesday, starting on Wednesday September 23 in Room 103.

PHOTOGRAPHY CLUB

The first meeting of this new club will be held on Thursday, October 1 in room 216 immediately after school.

Student Activities

LINK CREW

By Miss A. Gleiser

We are so excited to announce that Link has completed another VERY SUCCESSFUL grade nine orientation day! On the first day of school, our new Grade Nine students were greeted by an insanely enthusiastic group of awesome Link leaders.

Their goal? Simply, to make the first day of school a day to remember! From a welcoming assembly hosted by our very own Mr. Paolo, creative tours of the school, team building activities, and discussions on what to expect of Bennies, the first day of school was definitely one to remember!

Link is a program that helps bridge the gap in the transition process from elementary to high school. Our goal at St. Benedict's Catholic Secondary School is to ensure that EVERY student has a place and that EVERY student feels welcome.

LINK is so excited in welcoming our NEW CLASS OF 2013

Upcoming Events:

Thursday, September 24th LINK GRADE NINE DANCE (6:30 - 9:30pm)

Thursday, October 1st LINK GRADE NINE OLYMPICS (Period 4 and 5)

SAC NEWS: GETTING BACK INTO THE SWING OF THINGS

By Emily Pachereva, SAC Member

As you know, the first weeks back at school are always difficult as students are getting themselves used to the routine of getting up early and going to bed at a decent time. It's also the time when students realize the art of procrastination deprives them of sleep. But, with these first few weeks, there are also benefits. You get to see all of your friends, and parents get a nice break from their children after two months of them being home. Oh, and don't forget about the activities that happen throughout the school year.

Wednesdays are Spirit Days. This means you do not have to wear a uniform shirt, you can wear a shirt that you have acquired from being on a sports team or in a club. Throughout the year, there will be days where students can wear a non-uniform or spirit wear shirt. These are themed Spirit Days, which, in the past, have included: Red, White, and Green Day for Christmas; Pink and Red Day for Valentine's Day; Green Day for St. Patrick's Day; and Skittles Day where you have to wear a shirt the colour of the original skittles. The only catch to Spirit Day is that YOU MUST WEAR YOUR UNIFORM PANTS, other than that, it's a great way to show school spirit!

***Wednesdays are Spirit Days ...
you can wear a shirt that you
have acquired from being on a
sports team or in a club.***

Getting involved in the school is important. There are many ways you can do so ... sports teams, bands, drama productions, arts council, games club, etc. If you get involved, your high school experience will be that much better. Being involved in social activities also helps you learn, and it's a great way to make new friends.

If you missed registration, and did not get your picture taken, you have one last opportunity. Photo retakes will occur on September 29th. This photo will be the one printed onto your student card, and will also be the one shown in the school yearbook.

If you ever want to help out with school events, feel free to drop by the SAC Office and see what's upcoming.

Other News

ST. BENEDICT TO PARTICIPATE IN TERRY FOX NATIONAL SCHOOL RUN

By Mrs. J. Tyszka

On Friday, September 25, St. Benedict C.S.S. will be participating in the Terry Fox National School Run. This event allows millions of students from across Canada to join together to raise awareness for cancer research. At St. Benedict, students will be asked to donate \$2 at the door in the morning. This will enable them to wear spirit wear shirts with their uniform pants. Throughout the day, classes will be invited to join together on the track to run in honour of Terry Fox.

Athletes from our sports teams will be participating in a fundraising challenge to raise money for this worthy cause. Students will be asking for pledges from family and friends through online donations and take home pledge sheets. We encourage all our students and staff to participate enthusiastically in this worthy event.

MENTAL HEALTH SPEAKERS' SERIES

By MRS. C. McDONALD-REIS, SCHOOL SOCIAL WORKER

Lutherwood is holding its second Mental Health Speakers' Series in October at the Faculty of Social Work at Wilfrid Laurier University. All sessions will run from 6:30-8 pm. This year's topics are:

- "How to Help Children/Teens with Mental Health Challenges" - October 8, 2009 (Pam Beharry)
- "Teen Suicide and Self-Harming Behaviour" - October 15, 2009 (Chuck Myke)
- "Staying in Control When Your Teen Isn't" - October 22, 2009 (Patty McColl)
- "Drugs Affect Mental Health in Teens" - October 29, 2009 (Heather Kring, Gladys Bender along with special guest Constable David Swainson from Waterloo Regional Police).

We would like to especially thank the RBC Foundation for donating \$30 000 for this event as well as the Waterloo Region Record for providing an in-kind advertising gift of \$13 000, Wilfrid Laurier University for providing space for the events on their Kitchener campus as well as the Waterloo Regional Police for sharing their expertise and providing a speaker for one of our evenings.

Building on last year's success, we are hoping to reach as many people as possible this year so please help us spread the word and invite anyone who you think could benefit from the expertise of our speakers.

Please come out and join us for several stimulating and informative evenings.

Upcoming Events

September 23: 3:30 Field Hockey game @ Home
September 23: 3:30 Jr/Sr Boys Volleyball @ home
September 23: Girls Basketball @ Rez
September 24: 7:00pm Grade 9 Meet the Teacher Night
September 24: 6:30-10:30pm Grade 9 Dance with LINK Crew
September 25: XCcountry UofW Race
September 25: 3:30 Field Hockey game @ home
September 28: 3:30 Jr Boys soccer @ St. David's
September 28: 5:00 Sr. Boys Volleyball @ home
September 28: Girls Basketball @ Mary's
September 29: Opening Liturgy
September 29: Photo re-takes
September 29: 6-7:30 Badminton Club
September 29-October 1: Josten's ring sale
September 30: 4:30 Field Hockey Game @ Doyle
September 30: 3:30 Jr Boys soccer @ St. Mary's
September 30: 3:30 Jr/Sr Boys Volleyball @ home
September 30: Jr Girls Basketball @ PRDG
October 1: 7:00pm School Council, room 103
October 1: Grade 9 olympics (per. 4 & 5)
October 2: XCcountry Shades Mill Race
October 5: 4:30 Field Hockey Game @ Mary's
October 5: 3:30 Jr Boys soccer vs Doyle
October 5: 3:30 Jr/Sr Boys Volleyball @ Doyle
October 5: Girls Basketball @ home
October 6: 6-7:30 Badminton Club
October 6: 3:00 SR Football vs GRCI @ home
October 7: 3:30 Jr Boys soccer vs Rez
October 7: SR Tennis D8 Tournament
October 7: 3:30 Jr/Sr Boys Volleyball @ home

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](#)

