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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

Welcome to another edition of the BENN. It has been a busy few weeks as we fly into the month of October and the opportunity to celebrate Thanksgiving. We wish to thank all of you who joined us for our grade 9 parent evening. We hope the evening was beneficial for you, we enjoyed meeting so many of you and are encouraged by your support.

Please pay close attention in the next two weeks as your children will be bringing home progress reports on Monday, October 19. These reports will focus on Learning Skills. This will be followed up by interview opportunities Thursday October 22nd in the evening and all day Friday October 23rd. Although these are scheduled times we make available to meet with parents we wish to encourage you to contact the school and your teachers at any time to if you feel there is a need to meet to discuss your child's progress through out the semester.

A quick congratulations to our jr and sr football teams who opened the season under the lights in Waterloo with a pair of victories, well done Saints!

Thank you for your continued support and our prayers of gratitude are with you in this Month of Thanksgiving.

- Mr. J. McKinnon, Principal

Administrative

THIS YEAR IT'S A DIFFERENT FLU SEASON!!

REGION OF WATERLOO PUBLIC HEALTH DEPARTMENT

To find out where and when Public Health is hosting seasonal influenza vaccine clinics and H1N1 flu vaccine clinics, please call 519-883-2324 or visit our website at

<http://www.region.waterloo.on.ca/ph>.

If you wish to speak to a nurse, please call 519-883-2006 ext. 5273.

GUIDANCE NEWS

By MRS. P. KLASSEN

ACADEMIC AWARDS NIGHT

On Thursday, October 15, St. Benedict will celebrate academic excellence at our annual Academic Awards Night. All grade 10, 11 and 12 students who have achieved either Honour Roll status over both semesters during the 2008-2009 academic year, or who achieved one of the two highest marks awarded in every class offered at the school will be honoured for their achievement. Invitations have been mailed and many have already responded to indicate their presence at this event. Designated seating will be posted on the gymnasium doors for all award winners. The event begins at 7:00 PM in the gymnasium and a brief reception will follow in the atrium. Dress for the event is casual, but we request no jeans please! We look forward to

seeing many of you at this celebration.

COLLEGE AND UNIVERSITY VISITS

We have been fortunate to have been able to arrange presentation visits with liaison officers from many of our Ontario universities and colleges. Many students have been taking advantage of the opportunity to learn more about the many options that are available to them at all of these excellent institutions. Please note the following dates which include the Atlantic Universities Tour, the University Information evening (both held at St. Benedict) and the College Information events which are hosted by Conestoga College:

- 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 Affiliated) – 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 Affiliated) – 1:15 PM
- October 15:** Mohawk College – 8:30 AM
- October 15:** Atlantic Universities Tour – 11:30 AM – 1:00 PM
- October 15:** St. Benedict Gymnasium
- October 19:** Sheridan College – 1:15 PM
- October 19:** College Information Presentations at Conestoga College – 6:00 – 7:30 PM
- October 20:** College Information Presentations – 9:00 – 11:30 AM
- October 22:** Conestoga College – Degree Program Presentation – 10:00 AM
- October 22:** Post-Secondary Information Night for Parents – 6:30 PM
- October 26:** St. Francis Xavier University (Nova Scotia) – 11:30 AM
- October 27:** University Information Presentation Night – 7:00 – 9:00 PM
- October 28:** Loyalist College – 1:15 PM

November dates will follow in the next issue of BENN.

Parents of Grade 12 students, we hope that many of you will be able to join us on Thursday, October 22 for a Post-Secondary Information evening where we will share information with you regarding the university and college application process. The presentation will begin at 6:30 PM in the Lecture Hall.

EMAIL DISTRIBUTION LIST

Our Grade 12 email distribution list is growing daily, however many students have still not signed up for this useful service. Signing up is easy! From the St. Benedict web site, click on the Guidance link and follow the instructions. Being part of the distribution list will keep you up to date on visits, scholarship information and deadlines. Parents are welcome to be part of this list as well. See inset box for more information.

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.

WHO IS YOUR ADMINISTRATOR?

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

A to F: [Mrs. Beaucauge](#)

G to O: [Mr. Bellini](#)

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

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

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).

Our Homework Club has had a fantastic start!! Located in Room 224, Homework Club provides students with an alternative quiet area to complete homework after school with the help of some really great teachers from all learning areas! Please stop by and check it out!

Where? Room 224

When? Monday – Thursday

Time? 2:30 – 3:30

LINK CREW UPDATE

By Miss A. Gleiser

LINK CREW has gone and done it again!! The Grade Nine Olympics occurred last Thursday, October 1st and was an incredible success! With events such as Bodacious Ball Relay, Luigi Soccer, and Huckle Buckle, the competition was pretty intense. LINK CREW would like to especially thank all of the hard work put into these events by Mr. Vale's Leadership and Peer Support Class – we couldn't have done it without you! The results of the day are in...

With hard work and determination, there was no stopping Mr. Borba's math class and Ms. Rolt's phys-ed class who TIED for 1st place – both undefeated!! Way to go!

Our SPIRIT AWARD also was a tie as both Mrs. Dietrich and Mr. Mukhar's class were OUTSTANDING in their positive attitudes and amazing team spirit.

Thanks to all who participated!! What a super day!!

[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.**

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

ACADEMIC AWARDS NIGHT

**THURSDAY, OCTOBER 15
7-9 PM AT ST. BENEDICT**

Invitations to subject award recipients and honour roll students are in the mail and should be arriving shortly. Send RSVP to guidance or call x253.

ENRICHING THE LIVES OF STUDENTS: IS YOUR CHILD A CREATIVE THINKER?

By Mrs. D. Wittmann

The following is an excerpt from the Government of British Columbia, Gifted Education Resource.

CREATIVE THINKING

Four behaviours associated with creative thinking are fluency, flexibility, originality, and elaboration.

FLUENCY is the ability to generate many ideas. This skill is required for students to tell what they know; to think of ideas for writing, drawing or speaking; and to think of ways to solve a problem. Question stems to promote fluency include: "In what ways...," "List...," or "Brainstorm...." Examples are: In what ways might we solve the recess problem? List different forms of power. Brainstorm possible consequences of a global economy.

FLEXIBILITY requires generating a wide range of ideas. The question stem, "How many different ways..." encourages student flexibility. For example, "How many different ways can you find to measure the length of a room?" or "List many different ways to produce a book report," are questions that encourage flexibility of student responses.

ORIGINALITY refers to unique, unusual responses. Original responses usually occur at the end of an idea-finding activity, after the more obvious ideas have been produced. Question stems include: "What is the most unusual idea... way...?" and "What if...?" For example: "What is the most unusual way to market our product?" and "What if we had no air travel?"

ELABORATION requires adding ideas, providing details, extending thinking. "What else...?" is a question stem leading to inquiries like "What else do you see?" followed by a probe, "Tell me more."



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.

LITERACY CORNER

By Mr. D. Jaeger

With the school year now underway, what better time to refocus efforts on improving literacy across the curriculum, from grades 9 to 12? In this and upcoming editions of the BENN Newsletter, you will be able to find timely information, resources and 'tips and tricks' for anything from a homework assignment to a unit summative to the Ontario Secondary School Literacy Test (OSSLT). And speaking of the OSSLT, now might be the perfect time to test your knowledge!

1. The OSSLT is a graduation requirement for earning a secondary school diploma. T F
2. The OSSLT is written by first-time grade 10 students and older students who were not successful. T F

T F

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.

3. The OSSLT successful versus unsuccessful benchmark is level 3. T F
4. The OSSLT has reading and writing sections. T F
5. Despite not knowing the questions, students can prepare for the OSSLT. T F
6. This year's OSSLT will be written on April 8, 2010.

Answers to follow in two weeks. In the meantime, try reading 15 minutes a day for fun, and proof-read and edit all of your written work!

Clubs & Athletics

CROSS COUNTRY TEAM REPORT

By MR. F. WITTMANN

Congratulations to the cross-country team with their success at the mud-fest on Friday Oct 2 at Shades Mill.

Midget Girls- 1st overall!

Julia Wittmann (3rd)
Amanda Livingstone (11th)
Jennifer Deighan-Schenk (14th)
Emma Henderson (17th)
Samantha Howe
Lauren MacFarlane

Junior Boys- 2nd overall!

Nathan Schmidt (7th)
Peter Reynolds (12th)
Francis Liam (13th)
Nick Porter
PJ Doolan

Other top 20 finishers:

Kimberlee Pearl
Sean Delottinville
Catherine Umolac

Midget Boys- 2nd overall!

Ben Taborek (17th)
Tully McWatters (20th)
Lucas Wozniak
Keith Tanner
Jason Wozniak
Mitchell Mina
Marcus Noble

JUNIOR FOOTBALL TEAM BEGINS SEASON WHERE THEY LEFT OFF!

By MR. J. VALE

The Junior Boys Football Team continued with their winning ways as they kicked off their season last Tuesday evening. The team played a tough game against a talented Eastwood team and came out on top with a 24-13 victory. Ryan Varga caught a 3 yard touchdown pass from Jay Hatherley on the Saints opening drive. The Saints continued to pound the ball down the field capped with a 3 yard touchdown run by Dequan French-Gray and 5 yard touchdown run by Tamal Lewis-Goslin. French-Gray also kicked a 31 yard field goal. A strong defense was led by Drew Walden, John Walden and Mark Ehrenfellner. The Saints look to go 2-0 as they play a talented Grand River team at home on October 6. Go Saints Go!



Girls' Field Hockey

Saints 0, St. Mary's 0
Msgr. Doyle 0, Saints 0
Resurrection 7, Saints 0
St. David's 2, Saints 0

Junior Football

Saints 24, Eastwood 13

Senior Football

Saints 35, Eastwood 9

Junior Boys' Soccer

Saints 1, St. David's 4
Saints 1, St. Mary's 10

Jr. Girls Basketball

Resurrection 37, Saints 22
Saints 36, St. Mary's 54
Pere Rene 30, Saints 56
Saints 47, Msgr. Doyle 19

Sr. Girls Basketball

Resurrection 50, Saints 38
Saints 37, St. Mary's 41
Pere Rene 30, Saints 56
Saints 47, Msgr. Doyle 34

Sr. Boys Volleyball

Resurrection 3, Saints 0
St. Mary's 3, Saints 0
Pere Rene 2, Saints 3
Saints 1, Msgr. Doyle 3

Jr. Boys Volleyball

Resurrection, Saints 1
St. Mary's 3, Saints 0
Pere Rene 0, Saints 3
Saints 3, Msgr. Doyle 0

PHOTOGRAPHY CLUB

The inaugural meeting of the photography club will take place tomorrow, Thursday, after school in room 216. All interested students are welcome to join us!

AUDITIONS!

Anyone interested in being in a play this year must attend a two day audition which will take place from 2:45 - 4:30 on Wednesday October 14th and Thursday October 15th, in room 104. Whether you are interested in our Sears Ontario Drama Festival entry, "The Book of Esther," our grade 9 play, "Where the Wild Things Are", or our big production of Disney's "High School Musical," you must come to the big audition. For details, see Mr. Renner.

Student Activities

SAC NEWS:

By EMILY PACHEREVA, SAC MEMBER

This week is the first week we have SAC activities. On Thursday October 8, we will be having Jeans Day, which is to support the Cambridge Self-Help Food Bank. In order to wear your jeans, you must bring in \$2 which will be collected from you upon arriving at the school. A uniform top is required to be worn throughout the day.

Next Wednesday, the 14th of October, will be our first official Spirit Day of the year, and it is fall themed. You can wear a red, orange, yellow, or brown coloured shirt to school. It must be appropriate, and you will also be required to wear your uniform pants. If you're interested in showing your school spirit, make sure you wear a coloured shirt and sign a leaf in the atrium during lunch.

If you're interested in what's going on around school, here's a list of current activities, and remember to check out the Ranger and listen to announcements for more details!

Sports: Girls Field Hockey, Junior and Senior Girls Basketball, Junior and Senior Boys Football, Junior and Senior Boys Volleyball, Junior Boys Soccer, Senior Tennis, Cross Country

Clubs: SBTV, Games Club, Dr. Who Club, DECA, Chess Club, Badminton Club, Outers Club, Symphonic Band, Performance Band, Social Justice, United Cultures, Arts Council, Grunt Crew, Sears Drama Festival, School Musical, Grade 9 Play, LINK Crew, Math League, Yearbook.

Other News

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.

NEED HELP UNDERSTANDING AUTISM?

By Mrs. C. McDonald-Reis, School Social Worker

DSAC (Developmental Services Access Centre) is hosting workshops for caregivers "Understanding Behavior Difficulties in Children with Autism", October 14, 2009. Also, a series for caregivers called "Understanding Anger in Children with Developmental Disabilities" October 19 and 26, 2009. Both workshops are free of charge and are held at DSAC Office, 1120 Victoria Street North, Kitchener, from 6-8pm. Contact Rehana at 519-741-1121 for more information.

Upcoming Events

October 7: 3:30 Jr Boys soccer vs Rez
October 7: SR Tennis D8 Tournament
October 7: 3:30 Jr/Sr Boys Volleyball @ home
October 7: 5:00 Jr. Girls Bball @ St. David's
October 7: 3:30 Sr. Girls Bball @ St. David's
October 8: Coffee House
October 8: XCountry Oktoberfest Meet
October 12: Thanksgiving Day
October 13: 6-7:30 Badminton Club
October 14: 3:30 Field Hockey game @ Home
October 14: 3:30 Sr. Boys Volleyball @ WCHS
October 14: 3:00 Sr Football vs WODSS
October 14: 1:00 Jr Boys football vs WODSS
October 15: Academic Awards Night
October 15: XCountry Laurel Creek Race
October 16: Professional Activity Day
October 16-17: Jr. Girls Bball tournament @ Doyle
October 19: 3:30 Jr Boys soccer @ St. David's
October 19: 4:00 Sr. Boys Volleyball @ RMC
October 19: 3:30 Jr. Girls Bball vs Rockway
October 19: 5:00 Sr. Girls Bball vs Rockway
October 19: Interim Progress Reports sent home
October 20: 6-7:30 Badminton Club
October 20: 7:00 pm SR Football vs GPSS @ Rogers
October 20: 5:00 Jr Boys football vs GPSS @ Rogers
October 21: 3:30 Field Hockey Game @ Mary's
October 21: 3:30 Jr Boys soccer vs St. Mary's
October 21: 3:30 Sr. Boys Volleyball @ RCSS
October 21: 5:00 Jr. Girls Bball vs Rez @ home
October 21: 3:30 Sr. Girls Bball vs Rez @ Home
October 22: 7:00 Post-Secondary Info Night
October 22: 3:00-8:30 Parent-Teacher Conferencing
October 23: 8:30-3:00 Parent-Teacher Conferencing

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

IT'S ALL IN THE MARKETING

DID YOU KNOW: If you type **St. Benedict** into [Google](#), our school site comes up *third*, just behind two Wikipedia entries on St. Benedict himself. Some companies would pay top dollar to be that high in their

search results!

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](#)

