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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 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

We hope you enjoy this edition of the BENN. We continue to work at developing this newsletter as a focused place to gather information on school life at St. Benedict.

This issue is packed with information and acknowledgement of accomplishments. A special congratulation to our Graduates, we were able to host a wonderful celebration of your accomplishments and contributions to our "Benny's" community last Friday evening. As always it has been a busy few weeks since the last edition so we ask that parents are aware of mid term report cards being distributed November 23rd, not that far away. As always please feel free to contact the school or teachers if you have questions or concerns about your child's progress. We appreciate your continued support.

- Mr. J. McKinnon, Principal

ST. BENEDICT IN THE LOCAL NEWS

CAMBRIDGE TIMES: [Food drive surpasses goal](#)

Administrative

H1N1 UPDATE

WCDSB NEWS SERVICE

The Waterloo Catholic District School Board is in regular contact with Region of Waterloo Public Health regarding the H1N1 flu virus. Absenteeism rates have increased in our schools over the past weeks. Although the flu season has begun earlier than in past years, cases of the H1N1 flu virus to date in Waterloo Region have been mild to moderate and individuals have recovered quickly.

People can lower their risk of catching the flu by practicing the usual preventative practices against a range of illnesses, including:

- Cover your nose and mouth when you cough or sneeze by using a tissue or coughing into your sleeve or upper arm (or into the "crook of you elbow"). Throw the tissue in the garbage after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand rub/sanitizers (60 to 90% alcohol) are also effective where soap and water is not available.
- Avoid touching your eyes, nose or mouth. Germs spread easily that way.
- Get the H1N1 and seasonal flu shots as they become available.
- If you get sick, Public Health recommends that you stay home from work or school until your fever is gone and you are feeling better.

H1N1 flu virus is in our community and can be contracted anywhere. Individuals should follow the usual precautions to prevent illness as stated above. Anyone wishing to find more information on the H1N1 flu virus is encouraged to visit Waterloo Region's pandemic website at www.waterlooregionpandemic.ca.

FROM THE CHAPLAIN'S DESK

By Mr. B. Rempel

St. Benedict has been partnering with the Cambridge Firefighters for almost twenty years to provide Christmas presents to families who are struggling financially. It goes without saying that the need is greater this year due to tough economic times.

This year's campaign will take place Monday, November 16 to Friday, December 11. We hope that all classes will be involved singly or in partnership with another class. The Firefighters will assign families to classes, and ages will be indicated. The focus should be on the children.

Staff and students will then collect money during the weeks preceding December 11. Shopping for items must take place before Friday, December 11. Our school Advent/Christmas basket assembly will take place that Friday. As the culminating part of the assembly, class ambassadors will bring their "baskets" and stack them on the stage. Walter MacNeil of the firefighters will be there to accept our donations.

This campaign is a wonderful community partnership and legacy which we would like to continue to nurture. Thank you for your ongoing commitment and efforts as St. Benedict continues to fulfill its vision of being a "Celebration of People".

PADRE'S POST

By: FATHER F. FREITAS

The Parish Community of St Mary of the Visitation enjoys a special relationship with our parish secondary school of St Benedict. I feel very fortunate to have the opportunity to be present in the school each Tuesday. Part of my role involves working closely with Administration and Staff in interacting with students both formally in class visits, the Sacrament of Reconciliation and Celebrations of school Masses, individual meetings and also informally spending some time chatting in the hallways and cafeteria. I must admit that I truly look forward to my "Tuesdays at Bennies" which often evolve into other days at Bennies as various events and special requests come up. The reason it is such a highlight for me is for two special reasons.

First, I firmly believe that St Benedict's has one of the most talented secondary staffs that I have ever, in my 12 years as a priest, worked with. They are dedicated to the students beyond measure; and I am so grateful to them. Secondly, St Benedict's is a special place for me because the young people of St Benedict's are truly youth who genuinely are seeking and searching, in the midst of a world that doesn't afford a lot of stillness, to do the right thing and seek to live Abundant Lives. I hope my small contribution, and my presence, will help them know they never walk alone in that search.

I look forward to having an opportunity to write a regular feature with a few words in the BENN newsletter; please know that I am only a phone call away if I can help in any way - 519 658-4443 or you can drop me an email at freitasf@sympatico.ca or see our website at www.stmaryhespeler.ca.

GREETINGS FROM SCHOOL COUNCIL

Have you ever thought about joining School Council, but not sure what it is about? Then we would like to invite you to the School Council Meeting on Thursday November 5, 2009 at 7:00 p.m. in Room 103.

You will have an opportunity to find out more information about St. Benedict, the School Council and meet new people! All parents and community members are welcome to attend!

Last year's [school council report](#) has been posted on the school council page of the website, or by clicking on the link here in the newsletter.

GUIDANCE NEWS

By Mrs. P. Klassen

GRADUATION - A CELEBRATION OF PEOPLE

On Friday, October 30 St. Benedict welcomed back 270 graduates from the class of 2009 for the 23rd Graduation Ceremony. Our gymnasium was alive with enthusiastic cheering and standing ovations typically reserved for our sports teams as proud parents, siblings and grandparents joined us to celebrate this important milestone.

In addition to being presented with their diplomas, many graduates were also recognized for the outstanding contributions that they have made to our school and our community. Highlights of the evening included musical interludes which were performed by members of the graduating class Kylie Lawless and Claudia Soto Solis, as well as a current grade 12 students Ly Nguyen and Kleyton Farias. Claudia and Kleyton provided the audience with a stirring arrangement of "The Prayer," while Kylie and Ly performed a heartfelt rendition of "100 years". Both

performances brought the crowd to its feet with standing ovations. Stephanie Guay and Rishi Gupta were chosen by their class as Valedictorians and their address was a tribute to "all that has been" as well as challenge for "all that is to come".

Graduation 2009 will long be remembered as not only a celebration of academic excellence and community involvement, but also as a "Celebration of People."

POST-SECONDARY INFORMATION UPDATE

College and University visits will draw to a close this month. Up-coming visits include the following:

- November 5:** York University - 10:00 AM
- November 10:** Brock University - 8:30 AM
- November 11:** Windsor University - 8:30 AM
- November 12:** Lakehead University - 10:00 AM
Algoma University - 1:15 PM
- November 13:** Lambton College - 8:30 AM
- November 16:** Humber College - 1:15 PM
- November 20:** Redeemer University College - 1:15 PM

Although visits will conclude, grade 12 students should still continue to do specific institution research at the E-info site (www.electronicinfo.com) for university and www.ontariocolleges.ca site. On-line application tutorials will also help students gather the information that will be needed for the eventual application process. Now is also a great time to arrange for a campus visit or tour at institutions that are of interest. Most colleges and universities typically host these events in the fall, as well as in the spring. Check the guidance bulletin board as well as your email distribution list updates for more information about specific school open house dates.

ARE YOU IN GRADE 12? 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.

COMMUNITY SERVICE HOURS

In addition to fulfilling a requirement that is necessary for high school graduation, volunteering is an excellent way to develop skills and abilities, as well as a chance to give back to the community. Volunteer opportunities for students are updated and posted regularly on both the Ranger system and the Guidance bulletin board. Why wait until your Grade 12 year to find out how fun and fulfilling volunteering can be? Check out these great opportunities now!

WE ARE ONLY A PHONE CALL AWAY

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

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!

Hats and cell phones should be off, and in student's lockers 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 may have those items confiscated for the day and will be consequence.

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.

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](#).

GOING A BIT BEYOND IN BUSINESS!

AT THIS YEAR'S GRADUATION, 27 STUDENTS EARNED THEIR BIT CERTIFICATE. LET'S FIND OUT HOW AND WHY!

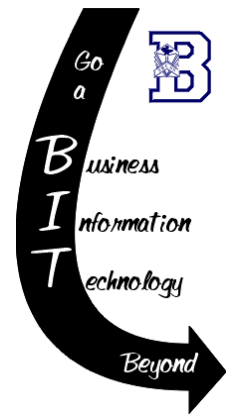
Before you know it, it will be time to select courses for next year. Students who are interested in business and computer courses should consider getting the BIT certificate. The Business & Information Technology Certificate is a certificate that complements your high school diploma with an area of concentration.

WHY EARN THE BIT CERTIFICATE?

- Complement your diploma with an area of concentration
- Acquire knowledge and skills suited to the workplace or for further study at the post-secondary level
- Enhance your applications for employment

WHAT DO I NEED FOR A BIT CERTIFICATE?

- One Business Technology course (BTT or BTA) or Computer Science course (ICS 3M)
- One additional "B" coded Business course
- Plus any three of:
 - All Business Studies courses ("B" codes)
 - All Computer Science courses ("ICS" codes)
 - Economics (CIA4U)
 - 1 Law course (e.g. CLU3M)
 - Mathematics for Personal Finance (MBF3C)
 - Business or Information Technology Co-Op (counts as 2 credits)
- Minimum average of 60% across the five eligible BIT courses.



For more information, talk to one of the Business teachers, or visit <http://stbenedict.wcdsb.ca/business/>.

BENNY'S STAFF BIOS

Jamie McKinnon is the principal of St. Benedict. Mr. McKinnon brings a distinguished career as an educator. He has been a principal here for three years, vice-principal for four years, and even taught one year at

John Malnerich is one of our school's Student Success Teachers (SST). He has been a teacher here for six of his 13 years as an educator. Mr. Malnerich is a very familiar face at the school as he also finds time to



the old Benny's. During his teaching career, Mr. McKinnon also enjoyed coaching basketball, rugby and football. In total he has been an educator for 23 years, 11 of those as an administrator. He currently coaches minor hockey. Mr. McKinnon says he "enjoys working in a fantastic community

that takes care of each other when people need it most. This includes the students, compassionate committed staff, and supportive parent community." He looks forward to working along with the community and always appreciates your insight and support.



Kevin Fratarcangeli has been at St. Benedict's for three years teaching Mathematics and Science, specifically Physics this year. He enjoys an athletic lifestyle that features rock climbing, badminton, basketball and biking. He is the Senior girl's basketball coach who recently have earned a position in

our league playoffs. In addition, he can be seen supervising the Rock Climbing and Badminton clubs at St. Benedict. When asked for his personal philosophy, "Mr. Frat" responded with, "You miss 100% of the shots you *don't* take".



be the Strength and Conditioning Club Organizer, the Senior Boys Basketball Coach, the St. Benedict Summer Basketball Camp Director and Feeder School Spring League Coordinator, as well as the Convenor of Saints Invitational 32 team Basketball tournament held annually at the school. Wow!

Exhausting just thinking about it! How does he feel about St. Benedict? "It is a great place to teach. Administration is supportive and fellow teachers are readily available to lend a hand when needed. There is a real team approach to education here and we all work together to ensure students are as successful as possible."



Michelle Crowell is a teacher of Co-op, GLN and Hospitality. Her responsibilities also include being department head of Business and Co-operative Education. In her ninth year of teaching and at Benny's, she teaches full time and coaches tennis while also acting as the school representative for Skills

Canada. Mrs. Crowell enjoys our school because "I get to work with an awesome group of people every day and the students never cease to surprise me with their thoughtfulness and abilities."

Academic

ENRICHING THE LIVES OF STUDENTS

By Mrs. D. Wittmann

From the Atkinson Series | **Brainstorm: What neuroeducation can do**

One thing neuroscientists hate is the way some of their findings get misinterpreted and then widely publicized. Especially when businesses pounce on them, skew the ideas still further and sell them to parents, teachers and school boards as the latest innovation from science. Some neuroscientists have gone so far as to warn consumers about so-called "brain-based" products promising to make their children into geniuses. Recently, the Walt Disney Co. began offering full refunds for its "Baby Einstein" videos after being challenged about their educational claims.

Other myths about the brain and education:

1. **The human brain is fixed by the age of 3**

While it is true that babies' brains make connections - called synapses - among neurons at a furious pace until about 10 months, the brain actually grows and changes throughout life. Even your 80-year-old mother's brain is still growing new synaptic connections and replacing lost neurons. As well, a crucial part of learning is the process of pruning those synapses to make them work faster. That happens a lot in the teen years and early 20s when humans begin to think in high-level abstractions and systems.

2. **The more you enrich a baby's environment, the smarter the baby**

This is a misreading of the famous "enriched rats" experiment. The rats were divided into two groups: some in a complex social environment and some isolated in a simple environment. The enriched rats were able to learn better than the isolated rats. That has led over-eager parents and others to insist that infants ought to be stimulated as much as possible so they build better brains. Commercial enterprises have cashed in on this as a result. Actually, over-stimulating babies has the opposite effect; the children shut down and don't learn. The real finding of the rat study was that deprivation - intellectual, social and environmental - is bad for baby mammals. The so-called "enriched" environment was not really enriched at all. It was akin to what a rat living in the wild would normally encounter. The lesson for parents is not to isolate babies but to expose them to normal life - talk with them, let them play with other children and encourage them to explore on their own.

3. We only use 10 per cent of the brain

Actually, new functional magnetic resonance imagery (fMRI) of the brain shows that 100 per cent of the brain is active, even when you are asleep or anesthetized. No part of the brain is inactive or superfluous.

4. Boys' brains and girls' brains are different

Apart from average size - which follows the proportions of body size - this is not true. Just as a boy's foot and a girl's foot work the same way, so do their brains. As the OECD report Understanding the Brain points out: "No study to date has shown gender-specific processes involved in building up neuronal networks during learning." So the way boys and girls create synaptic pathways - and therefore learn - is the same. When we see differences in the behaviour of boys and girls, that's because those differences are taught. They are social, not biological.

5. You are either a left-brain person or a right-brain person

This enduring myth pops up frequently in conversation and goes back to primitive experiments from the 1800s. The idea was that the left-brain thinker was more logical, analytical and rational, while the right-brain thinker was more creative, emotional and intuitive. Actually, it's bunk. While the brain does have two hemispheres - right and left - joined by a wide band of nervous tissue called the corpus callosum, the brain is in fact an exquisitely integrated organ. For a few tasks, a single side may dominate, but both sides must work together for any important tasks. Functional MRIs show that neither side of the brain can work independently.

6. If we could eliminate emotions, we'd make better decisions

There have been studies of people who have lost the ability to feel emotion because of brain damage. It turns out they can't make decisions at all without emotion. Emotion is an integrated, critical part of each decision and of learning.

7. An adult's brain is bigger than a baby's because it has more brain nerve cells

A newborn's brain has roughly the same number of nerve cells, or neurons, as an adult's - about 100 billion. That number remains roughly constant throughout life. The size difference between a baby's brain and an adult's is mainly the synaptic connections that grow between neurons and the fatty insulating material that wraps around them, called myelin. Myelin keeps the electrical connections among neurons moving quickly and efficiently.

-Alanna Mitchell

For more information: <http://www.thestar.com/topic/Atkinson2009>.



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

**ARE YOU IN GRADE 9?
DO YOU WANT TO BE A
STAR OF THE STAGE?
COME OUT AND AUDITION
FOR THE GRADE 9 PLAY!**

Auditions for the Grade 9 Play will be held on Thursday, November 5th in Portable 1 beginning at

brush up on your Math skills?

2:30.

No Experience necessary. See Mr. Paolo for details.

If so, then the Math League wants YOU!

Contests and their submission due dates are posted on the school website under **Clubs > Math League**. Prizes awarded for participants from EVERY GRADE.

Our next contest will be held on November 17th!

Check the Math Office door for solutions, and check with Miss Hall or Miss Stockie for more detailed results.

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

WINTER SPORTS TRYOUTS BEGIN

Just as one season ends, a new one begins! Several winter teams have begun tryouts. For the most current list check out the **athletics** page of the website, and watch the Ranger system for more details.

SOCCER NEWS

By Mr. D. VRABEC

Congratulations to the Junior Boys' Soccer Team who ended the season with a 5-2 romp over the Monsignor Doyle Mustangs, and secured 3rd place in the District 8 standings. Goals were scored by Nathan Araujo with two, and one apiece from Brandon Taylor, Dylan Simoes and Frasier Sheppard. This, along with strong defensive play from goalkeeper Nick Da Silva and defenders Talton Conway and Evan Hasey, helped the Saints end the season in great spirits, and become ready for their playoff semi-final on Wednesday against Resurrection.

SENIOR GIRLS BASKETBALL MARATHON GAME

By Mr. K. FRATARCANGELI

The senior girls competed in a marathon triple overtime game last Monday against St. Mary's. The girls played hard for all 44 minutes and made multiple big plays in overtime. The girls came out on top with a big win 53 to 52.

JUNIOR SAINTS HEAD INTO PLAYOFFS!

By Mr. J. VALE

The Junior Boys football Team took thier 3-1 record on the road to face Kitchener Collegiate Institute (KCI) on Tuesday Oct.27. From the opening kickoff, the Saints dominated the game winning 44-19. Mark Erhenfellner had a monster game with two interception returns for touchdowns. Dequan French-Gray, Amanze Anurukem, Kyle Cole and Shakur Tag-El-Din also scored touchdowns for the Saints. The defense was led by John Walden, Drew Walden and Kurt Eva. The Saints ended their regular season on Tuesday Nov. 3rd at home against Eastwood. Even though the Saints came up defeated,13-0, they have earned a spot in the playoffs. The saints are going to face the Bluevale Knights (Division A champs) next week. Stayed tuned to the ranger and website to find out the date and time. Go



Junior Boys Volleyball

SBCSS 0, RCSS 3
SBCSS 3, PRDG 0
SBCSS 0, SDCSS 3

Senior Boys Volleyball

SBCSS 2, RCSS 3
SBCSS 3, PRDG 0
SBCSS 0, SDCSS 3

Junior Girls Basketball

RCSS 43, SBCSS 21
PRDG 16, SBCSS 34
SDCSS 13, SBCSS 45

Senior Girls Basketball

St. Mary's 52, SBCSS 53 (3OT)
RCSS 20, SBCSS 45
SDCSS 44, SBCSS 31

Girls Field Hockey

SBCSS 0, SMHS 2

Junior Boys Soccer

SBCSS 5, Doyle 2
SMHS 1, SBCSS 0
SBCSS 0, RCSS 4

Saints Go!

GIRLS ACHIEVE SUCCESS AT CWOSSA

By Mr. F. Wittmann

Congratulations go out to the Midget Girls Cross-country Team; they are this year's CWOSSA Champions. This group of dedicated young ladies will be representing our school at the OFSAA meet on Saturday, November 7: Julia Wittmann, Emma Henderson, Lindsay Francescangeli, Amanda Livingstone, Jennifer Deighan-Schenk, Samantha Howe, Lauren MacFarlane, Emily Ward.

Good luck girls!

BADMINTON CLUB

Looking for something to do Tuesday nights? Come play badminton from 6-7:30 in the gym. All skill levels are welcome and equipment is provided, just bring a friend and wear your gym clothes. If you have any questions please see Miss Bester, Mrs. Adach, or Mr. Fratarcangeli.

Student Activities

SAC NEWS

By Emily Pachereva, SAC Member

Last week was a great success! It was our first big event, that being, Halloween. On our Spirit Day Wednesday, students were all allowed to dress up, and we saw some fantastic costumes out there. Also, there was a pumpkin carving contest during period one. It was a hard decision as to which class was the winner, and we landed with a three-way tie. Not only was it dress-up day and pumpkin carving, during lunch as students entered the cafeteria, they were given out free candy in the spirits of trick-or-treating, BUT, that was only on their way to the Haunted House. We had a awesome response to the Haunted House, and everyone seemed to have really enjoyed it.

Thursday was the premier episode of SBTv, which we collaborated with to do our opening assembly, all on TV. It covered what we normally would at an opening assembly and more. Students got to see first-hand some of the clubs we have throughout the school, and a bit of the sports games. There were even some performances by students.

This Thursday, November 5, is our first school dance, which is themed "Under the Sea" and will be in the cafeteria. It's from 6:30-10:30pm, and \$5 to get in, or \$4 if a student is wearing BLUE, GREEN, or PURPLE. Student ID or timetable is required to enter. All bags and jackets will be checked, and free coat-check is provided.

Next week is Remembrance Day, and students are encouraged to wear a red shirt on the Wednesday along with their uniform pants, as usual.

Coming up on November 18, is the Fall Fair during lunch. More information on that will be coming soon!

Under the Sea School Dance

Thursday November 5th, 6:30-10:30pm

Cost: \$5 OR \$4 if you are wearing

BLUE, PURPLE, or GREEN

Coat check will be available.

All bags MUST be checked.

Sign ins from other schools will be in the SAC office on Monday & Tuesday!

Other News

CUTTING HAIR FOR CANCER

By Mr. N. O'Connor

Three teachers at St. Benedict have decided to cut ten inches of hair to donate to *Angel Hair For Kids*. Angel Hair For Kids, a program run by *A Child's Voice Foundation*, collects hair and monetary donations to help underprivileged children who lose their hair due to medical reasons. Mrs. Offak, Mrs. Beer and Mr. O'Connor will be donating their hair to this worthwhile cause on Thursday, November 5. There will be a school-wide assembly for the event.

On Monday, the school raised \$350 in support of Curly Hair and Moustache day on Tuesday, November 3. Thank you to everyone for their generosity in supporting this cause!

For more information about the Angel Hair For Kids program and the Child's Voice Foundation, please visit their website at achildsvoicefoundation.ca.

In preparation for our hair cut to support Angel Hair for Kids, the school is hosting the following activities:

Tuesday, November 3
Curly Hair and Moustache day

Wednesday, November 4
Join us from 5:00pm to 6:30pm for our walk for cancer at our track.

Thursday, November 5
Period 5 at 2:00pm is the hair cutting assembly in the gym where Mrs. Offak, Mrs. Beer and Mr. O'Connor will be donating their hair to Angel Hair for Kids.

TIME TO MOVEMBER...



Some of Benny's cleanly shaven teachers who will "grow the mo": Mr. Wittmann, Mr. Butler, Mr. Riso, Mr. Ambeau, Mr. Paolo, Mr. Bellini, Mr. Martinello, and Mr. Olinski.

By **MR. R. MARTINELLO**

You may notice a number of male staff with unshaven faces during the month of November. It's not because there is a razor shortage in Cambridge, it's because November has become "Movember". To help raise awareness and to "change the face" of men's health many of our male staff have decided to "Grow the Mo". That's right, the mustache is making a comeback for the month of Movember. Watch for the goatee, the handlebar, the mutton-chop or the dreaded Fu Manchu. More importantly be aware that prostate cancer is the 2nd leading cause of cancer-related deaths among males. So, join the movement, throw away the razor, give your upper lip a break and "Grow the Mo".

IT'S 11 O'CLOCK: DO YOU KNOW WHERE YOUR CHILDREN ARE... SURFING?

By **MR. A. MILARDOVIC**

Most of you are probably not old enough to remember when the 11:00pm news started with the first part of our title, but this phrase should be an important one in your life and the life of your child. Technology has afforded us many more opportunities to connect and share information. Unfortunately, the internet--an overwhelming, *mainly unpoliced* "miracle of technology"--gives teens many opportunities to make inappropriate choices. Over the next few issues we will share some tips and information with you. As always, if you have more questions or want a specific issue addressed, you can [email me](#).

The internet can be a great source of information and entertainment. Sadly, it also contains a lot of negative content. We are called on as parents and educators to ensure that students use these technologies appropriately and effectively. To help you ensure your teen is using the internet appropriately, we offer several tips:

- Create a list of Internet house rules with your teens. This should include the kinds/types of sites that are off limit, and time of use.
- Keep Internet-connected computers in an open area and out of teens' bedrooms.
- Talk to them about their online friends and activities just as you would about their other activities.
- Know which chat rooms or message boards they visit, and whom they talk to. Encourage them to use monitored chat rooms.
- Talk to your teens about their Instant Messaging list and make sure they're not talking to strangers.
- Insist that they tell you first if they want to meet an "online friend." It is potentially dangerous for this meeting to take place unsupervised.
- Teach your teens never to give out personal information without your permission when using e-mail, chat rooms or instant messaging, filling out registration forms and personal profiles, and entering online contests.
- Encourage your teens to come to you if they find messages that make them feel uncomfortable or threatened. (Stay calm. If you "freak out" they won't turn to you for help when they need it.)
- Learn the lingo. There are many sites out there with commonly used chat/instant message/text message shortcuts. (There's an extremely large list [here](#), some of which contain inappropriate and vulgar language.) Some phrases to watch for are: POS (Parent over shoulder), PIR (Parent in room), P911 (Parent alert), PAW (Parents are watching)--this may be your cue to have that discussion about what they're doing and whom they're chatting with.

While it is important to give your teenager some space and privacy, it's also important to provide them with parameters and safety. Ensuring that they feel comfortable using technology appropriately should also be of comfort to you. Make sure you keep an open and on-going dialogue with them; you may be surprised at how much they can do for you on the net... who knows? You may find you have a common interest and they'll want to share some of their 'cyberworld' with you, and maybe you even get in some "quality family surfing time".

More hints and tips in our next issue.

With information from the Ontario Provincial Police website, [Internet Safety Tips for Parents](#).

Teen Dating and Violence Information Night

He loves me... He loves me... NOT

Wednesday, November 25
Holiday Inn
 200 Holiday Inn Drive Cambridge

7 pm Dessert Social
 7:30 - 8:30 pm Speaker Sue Gallagher

Limited seating by reservation only
 Contact Anne Groulx - agroulx519@sympatico.ca
 by November 16, 2009

Adults \$15
 Students \$8

"A social issue that women are gravely concerned about."

Sponsored by Soroptimist International Of Cambridge

Upcoming Events

November 4: Take Our Kids to Work Day
November 4: 3:30 Sr. Boys Volleyball @ WCHSS
November 4: 5:00-6:30 Community Walk for Cancer
November 5: 6:30-10:30pm Fall Dance
November 5: 7:00pm School Council, room 103
November 6: Professional Activity Day
November 10: 6-7:30 Badminton Club
November 11: Remembrance Day
November 11: 3:30 Jr Girls Bball @ Rez SEMI FINALS!!!

November 16: Christmas basket campaign begins
November 17: 6-7:30 Badminton Club
November 17: Math League Contest
November 18: SAC Fall Fair
November 19: DECA Regionals

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

NEWSLETTER FEEDBACK

WE WANT TO KNOW what you think and how we can improve communication with you. Please email the Newsletter editor from the link below.

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!](#)

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