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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](#).

BENN STAFF

[Mr. Anton Milardovic](#)
[Mrs. Sophia Adach](#)
[Mr. Kevin Fratarcangeli](#)

NEXT ISSUE

March 31, 2010

Note from Administration

Spring is nearly here, we hope you are enjoying the sun and warm temperatures. One sure sign of spring is March break; we hope everyone enjoys a well deserved break next week. We remind parents that interim reports will be sent home Tuesday following the break. These reports will focus on learning skills and habits established early in the course to support future success. Teacher interviews with students and parents will be Thursday March 25th, after school and evening, and Friday March 26th, during the day. Students should arrange interviews with the teachers, but please contact your child's teacher directly if necessary. We look forward to seeing you all later in March.

Another sure sign of spring is attention to adhering to school uniform expectations. Our policy is clear and it supports our faith based beliefs regarding dignity of all and living in community with others.

Please be sure that when your child heads to school that they clearly understand that coloured T shirts (other than plain white or plain navy blue matching the school sweater) are not permitted. Nor are hats, scarves, hoodies, and all shorts must be from our school supplier and not "rolled up". These simple tips ensure that the student uniform, when worn appropriately reflects a community that stands together respecting and appreciating our differences but united in building a *Celebration of People*. (Full uniform expectations are outlined on page 12 of the student handbook.)

And the most certain sign that spring is nearly upon us is our continued Lenten journey. We continue to take "time to awaken our hearts, minds and bodies to the obstacles that prevent us from seeing and following Christ. It can be a time to consider the ways that we might be weighed down, overtired or unreflective. Lent is an opportunity to discipline ourselves to stay awake for Christ..." (Elizabeth Bruce writing in the missalette, *Living with Christ*).

Enjoy the break from school as take time to rest and renew our energy and commitment to Christ and our Easter story.

- Mr. J. McKinnon, Principal

ST. BENEDICT IN THE LOCAL MEDIA

CAMBRIDGE TIMES: [Saints win D-8 title](#)

Administrative

FROM THE CHAPLAIN'S DESK

BY MR. B. REMPEL

The Lenten season at Benny's includes a variety of significant and meaningful emphases. Ash Wednesday, of course, introduced the season of Lent. The Ash Wednesday liturgy was held in the

caf. Students provided the music, readings, a skit on the parable of the Prodigal Son, and served as ministers of the Ashes. It was a meaningful way to begin Lent.

Each Tuesday and Thursday class ambassadors lead their homeroom in prayers for Lent.

St. Benedict's Lenten giving project this year is to build a school in Sierra Leone. Besides regular Thursday mission collections, students have the opportunity to purchase bracelets and support the cause in other ways.

Grade 9 class retreats are also part of our Lenten season. Each grade 9 religion class spends a period in retreat in the chapel. Led by the chaplain, the retreat explores the Catholic teaching that all of life is prayer.

Finally, this Monday we observed International Women's Day. In many parts of the world, women do not share equal rights and opportunities with men. A few examples are:

- 855 million people in the world are illiterate, 70% of them are women
- One woman worldwide dies every minute as a result of child birth
- 2 million girls disappear each year due to gender discrimination
- Rape is a strategy of war
- Of 8,000 fetuses aborted at a Bombay clinic, 7,999 were female
- Educating women is the most effective way of eliminating poverty, terrorism and injustice

Enjoy the March break with your family.

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).

What exactly does a Student Success Teacher do?

- Track progress of students at risk of not graduating
- Provide direct support for student to improve achievement
- Supply school-wide effort to improve the outcomes for struggling students
- Re-engage early school leavers
- Work with parents and the community

Just a few of the tasks involved in Student Success teaching include:

- Developing a positive/constructive relationship with students
- Monitoring attendance/lates for at risk students
- Developing work and study skills for at risk students
- Working one-on-one with students on assignment completion

Student Success is about the whole student and providing the necessary supports so the student has academic and personal success.

WHO ARE YOUR STUDENT SUCCESS TEACHERS?

Dave Jaeger (A-L)

John Malnerich (M-Z)

Amy Gleiser (Grade 9 Transition A-Z)



SPECIALIST HIGH SKILLS MAJOR

ARE YOU INTERESTED IN ANY OF THE FOLLOWING SECTORS?

Arts and Culture • Business • Construction
Energy • Environment • Health and Wellness
Hospitality and Tourism
Information and Communications Technology
Justice, Safety, and Emergency Services
Manufacturing • Transportation

Get more information at www.highskills.ca
Sign up in the GUIDANCE office.

ST. MARY OF THE VISITATION PARISH MISSION, LENT 2010

FREEDOM AND RENEWAL IN JESUS

Guest: Father Graham Keep
Sunday, March 21st, 2010

Eucharistic Adoration

Who do people say that I am?

Exposition will take place in the Church following the 11:00a.m. Mass. The Church will remain open during the day for quiet prayer as we begin our Mission.

7:00 p.m. Benediction with Homily
Reception to follow in Parish Centre.

Monday, March 22nd, 2010

Solemn Vespers

Who do YOU say that I am?

7:00 p.m. Vespers Service
Reception to follow in Parish Centre.

Tuesday, March 23rd, 2010

Celebration of Eucharist

Healing for mission!

7:00 p.m. Celebration of Eucharist
Reception to follow in Parish Centre.

Wednesday March 24th, 2010

Celebration of Reconciliation

Un Bound and Set Free !

7:00 p.m. Penance Celebration (Six visiting priests present)

CHILDREN'S PROGRAM

A program for children aged 3-8 will run each evening in the Parish Centre. Please bring your child directly to the Parish Centre before the start of the Mission. This program will be led by some of our Children's Ministry Leaders.

GOOD FRIDAY FISH FRY

Friday, April 2, 2010, 4:30p.m. - 7:00p.m.
at Knights of Columbus Hall
(on Speedsville Road, Cambridge)

Come enjoy Fish, Cole Slaw, Buns, Drink & French Fries.

Adults and Teens: \$10.00.

Children (4 to 12): \$5.00.

Under 4 - No Charge.

Get your tickets early by calling the Parish Office at 519-658-4443 or pick up tickets after Mass ... no tickets at the door!

ST. PATRICK'S PARISH MISSION

St. Patrick's Church invites you and your family to our 150th Anniversary Mission celebration March 14th to 17th, 2010, 7:00 pm - 8:15 pm.

The Children's Liturgy program welcomes your children to join us downstairs for crafts, games, story time, face painting, etc.

To help us plan for this event we are asking that families pre-register their children from JK to Grade 8 for the Children's Liturgy program and newborn to 3 yrs. old for Babysitting. Phone St. Patrick's Parish to register at 519-623-3773. Adult and Teen volunteers are welcome.

ST. CLEMENT'S PRESENTS... TEEN MINISTRY: CARRY THE TORCH

A three week leadership workshop for youth in grades 7-12 taking place in the youth space at St. Clement's Parish in Preston on the following dates from 7:00 to 8:30pm:

Tuesday, March 30th

Tuesday, April 27th

Tuesday, May 25th

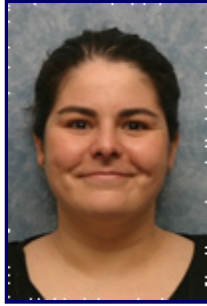
Bring your friends and come on out...you won't want to miss it!

Got Questions??? Contact Courtney, the Youth Ministry Coordinator, at 519-954-8435 or stclements youth@gmail.com.

IS THERE A BENNY'S GRAD IN THE HOUSE?

We are looking to compile a list of Benny's grads along with what they are up to now... are you a Benny's grad? Do you have a son or daughter who graduated from Benny's and has gone on to "bigger and better things"? Drop us a line at Anton.Milardovic@wcdsb.ca—we look forward to hearing from you!

BENNY'S STAFF BIOS



Laura Varriano-Lane, a teacher of 14 years, has been a recognized face in the Religion and English departments for over ten years. Part of a tight-knit teaching group that is more like family than co-workers, Laura has become engaged, married and has had three children while working at St. Benedict.

The bonds of friendship and respect extend so far as to have two fellow workers as her children's godmothers.

Despite a very busy home life, Laura currently finds time to co-chair the Grad Committee, a commitment she has honoured for many years prior. She has also part of the Literacy, Leadership and Pastoral Committees. Laura is also the driving force behind the staff kids' Christmas party which is a huge success with the young families of her fellow teachers.

Why does she throw her considerable energy and enthusiasm to these tasks? The answer is easy: she believes that St. Benedict has "some of the most amazing students: talented, socially aware and responsible, caring, mature, open-minded, dedicated and hard-working". She and her family are proud of the never-ending social justice projects at the school.

Laura and her family support student activities and can be seen attending student coffee houses and plays at the school. Laura believes that she could not ask for a better environment in which to work: supportive colleagues and enthusiastic students who are dedicated to making the world a better place. Being the proud mother of 3 little peaches, she chooses to work part-time, letting her focus on both family and career.



Danielle Trentini, a teacher of 14 years, has been at St. Benedict for nine of those years. She started her time at our school in the Religion department, with a welcoming and helpful

group that supported her transition to our school. She has also been part of the English department, but her passion lies with her current teaching assignment.

Danielle has come to know a wide variety of students, ranging in academic abilities and experiences. She now has the pleasure of working with the students in the Community Living programs. "They truly are a pleasure to teach and I learn something new from them every day!"

Outside of class time, Danielle is part of the yearly Graduation committee that is dedicated to ensuring a successful celebration of the graduates of our school. As part of the Pastoral Committee, Danielle is dedicated to enhancing the spiritual life of our staff and students. This busy career and family person also finds time to lend a helping hand with the annual staff children's Christmas party.

Academic

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

THREE DOMAINS OF CONDITIONING FOR MENTAL SHARPNESS

FILTER AND FOCUS

The brain's efficiency decreases with information overload. All information and decisions are not equally important. Develop strategic ways to block information/data.

ZOOM OUT - ZOOM IN

Brain fitness is a process, not a one-time achievement. Improving brain function and efficiency requires toggling back and forth between the big picture and details to accomplish a task or plan an event.

INNOVATIVE THINKING

Push novel thinking and problem solving by generating multiple solutions, consider diverse perspectives, and integrate knowledge to create new "Ahas".

GOALS

- Increase productivity and work smarter
- Block distracting information overload
- Increase brain flexibility and efficiency
- Stop habits that drain the brain
- Recognize areas of strong mental reserve and areas of vulnerability

Our brain is our greatest natural resource - we must take care of it!

ATTENTION GRADE 12 EUCLID MATH CONTEST WRITERS!

The deadline to register for the University of Waterloo's Grade 12 Euclid Math Contest is Thursday, March 11 (Thursday BEFORE the March Break)! Participants are required to pay a \$10.00 deposit to write this contest - which will be returned to you when you show up to write on Wed. April 7th.

See Mr. Porto or Ms. Hall for more details - or come to the Math Office.

ARE YOU INTERESTED IN BUSINESS COURSES?

Students interested in the world of business should talk to one of the business teachers or visit <http://stbenedict.wcdsb.ca> for course information, including information about the BIT Certificate and the new Business Specialist High Skills Major program.

WCDSB STUDENT SUCCESS SITE

<http://bss.wcdsb.ca>

Resources to help you help your son or daughter succeed.

LITERACY CORNER

BY MR. D. JAEGER

The Literacy test (OSSLT) is now less than a month away! Why not go into the March break on an academic "high note" by attending the first after school literacy help sessions. Join Mr. Vale March 8 and 10 in room 210 at 2:45 to brush up on your literacy skills.

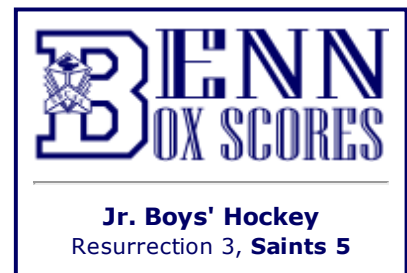
The Monday and Wednesday sessions continue March 22, 24, 29, 31 and April 6, 7. Again, the location is room 210.

See Mr. Jaeger in SST for more details.

Clubs & Athletics

JUNIOR BOYS' HOCKEY

Congratulations to the still unbeaten Junior Boys hockey team who, in fine Catholic gentlemanly manner, dispatched Resurrection 5 to 3. The Saints were actually down 3 to 1 in the second period, but strong on-ice efforts and superior coaching contributed to the comeback. Goal scorers included Robert Kohli (2), Mitch Dempsey, Alex Pozzobon and Nick Fedak. The Saints skate against Bluevale on Thursday.

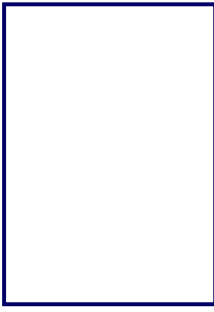


CALLING ALL SCIENCE GEEKS!

Do you like science? Do you like doing activities related to science? Do you like working together with your friends? Come on out and consider joining the St. Benedict's Science Team!

We are particularly in need of some grade 9's to join our crew. We will meet approximately once a week and likely more as we get closer to the Science Olympics at the University of Western Ontario at the end of May.

Please see Ms. Beaudry or Mr. Arkell in the Science workroom for more information.



Student Activities

CATCHING THE OLYMPIC SPIRIT

BY EMILY PACHEREVA, SAC MEMBER

In an effort to involve as many students throughout the school in activities as possible, the Spirit Olympics of St. Benedict's were created.

The competition kick off was the week of the Olympics, which was also the week of the Sears Drama Festival. So, what exactly is the Spirit Olympics? The Spirit Olympics is a competition between all of the homeroom classes throughout the school. The goal is to have the most amount of points by the end of the semester. On themed spirit day Wednesdays, such as the Green Day for St. Patrick's Day today, if the student dresses up, they gain 2 points for their team. However, if the teacher dresses up, they get double the points, gaining 4 points for their class. For any school activities, such as Coffee Houses or sports games, students can get 4 points by attending, and their teachers can get 8. In order to get the points, the student or teacher must check in and inform the student representative at the event of their homeroom number. Seeing as how it is a competition, there is a prize for the winning homeroom at the end of second semester - a big breakfast - and who wouldn't want to win that? Let's show some spirit and get spirit points for our homerooms this semester!

From February 22 to February 27, Bennies was host to the Ontario Sears Drama Festival where there were 16 other schools competing to move onto the regional level. The week was filled with great performances from each of the schools, including our own production of "The Book of Esther" on Monday night. On Saturday, there were workshops in the morning and afternoon, lunch, two performances, a banquet, and then awards were presented. Congratulations goes out to all who won awards, and the three schools who moved on.

Last Wednesday was our first ever "Girls Night in the Gym", and the response was great! Over 35 girls came out for some fun in the gym. Activities included a Zumba class, badminton, and volleyball. There were free snacks provided, and spiritwear was sold for \$8.

This Thursday March 11 is our second coffee house of the year, Coffee for Haiti, and we have some great talent from throughout the school being showcased. The cost will be \$2 to get in, and all proceeds are being donated to Haiti. Performances begin at 7pm.

Have a great March Break!

Other News

LUTHERWOOD SPEAKERS' SERIES HOW TO HELP CHILDREN/TEENS WITH MENTAL HEALTH CHALLENGES

APRIL 8, 2010

Depression, anxiety, disruptive behaviour disorder and pervasive developmental disorder are difficult to identify and seldom "cured" with a single treatment. This presentation by Dr. Pam Beharry provides an overview of common mental health disorders found in children and teens, and introduces some positive treatment approaches that will be discussed in later presentations.

Cambridge City Hall, 50 Dickson Street

Evening will run from 7pm-8:30pm

Free admission and parking

Transportation assistance available

For more info visit www.lutherwood.ca or call 519-884-1470.

accesswaterlooregion.ca

Community Connections

Information for Persons with Disabilities, their Families, Caregivers, and Professionals within Waterloo Region.

5:00 p.m. - 8:00 p.m.
Tuesday, April 13, 2010





Location:
St. Mary's Catholic High School
1500 Block Line Road
Kitchener, Ontario

Highlights:
 Advocacy and Supports
Education
 Financial Assistance
Health
 Personal Care and In-Home Supports
Recreation
 Respite and Residential Programs
Transportation
 Work, Day Programs, and Volunteer Supports

For more information
Contact Val Millen at 519-578-3660 x2325

This annual event is made possible thanks to a collaborative effort of many community agencies that provide services for persons with disabilities.

Upcoming Events

March 11: Coffee House
March 15-19: March Break
March 22-26: Multicultural Week
March 23: Interim Report Card distribution
March 25-26: Parent Teacher Conferences
March 28: Palm Sunday
March 29: Holy Week begins
March 31: Board ECOO Programming Contest

April 2: Good Friday
April 4: Easter Sunday
April 5: Easter Monday

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

WE WANT TO KNOW...

Your opinions are important to us! Please [email us](#) with your comments and suggestions. If you like our newsletter, tell others; if you don't like it, tell us!

Check out our school website at <http://stbenedict.wcdsb.ca> for news and information updates.

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.

