

TABLE OF CONTENTS

- [Administrative](#)
- [Academics](#)
- [Clubs & Athletics](#)
- [Student Activities](#)
- [Other news](#)
- [Upcoming events](#)

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

April 14, 2010

Note from Administration

Thank you to all who were able to join us on our interview days last week. The feedback was helpful and we hope beneficial for all our learners to continue on the journey of success and growth. We look forward to the celebration of Easter this weekend with family, friends, and community. May your Holy Week this year truly be a powerful moment of grace to you.

The spiritual animator for the WCDSB, Fr. Fred Scinto, reminds us that this is no ordinary week, Holy Week takes us on a walk of reflection, reconciliation, and gratitude for Christ's suffering. Fr. Fred shared the following questions to assist us reflect on the impact of the Easter story and its place in our lives.

“QUESTIONS FOR REFLECTION/MEDITATION/PRAYER/DISCUSSION

1. What am I willing to do this week to enable this week and Christ's grace to impact powerfully on me and my life?
2. Why should this week not be like an ordinary week for me? How can I make sure that it is more than ordinary?”

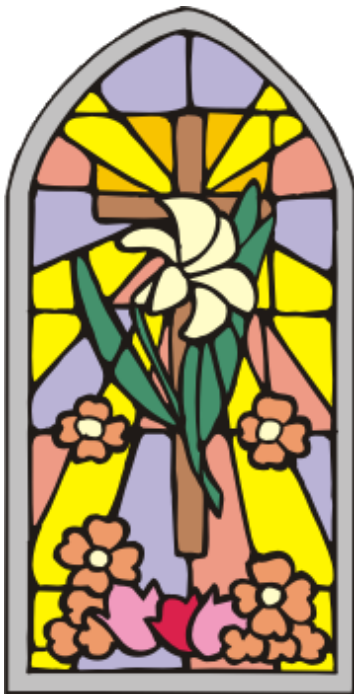
We wish you a happy and grace-full Easter! Amen!

- Mr. J. McKinnon, Principal

ST. BENEDICT IN THE LOCAL MEDIA

CAMBRIDGE TIMES: Debut album honours father

Administrative



EASTER 2010 HOLY WEEK REFLECTION RESOURCES FOR FAMILIES

BROUGHT TO YOU BY YOUR SCHOOL COUNCIL

Dear Parents in Catholic Education,

The 2010 season of Lent is quickly drawing to a glorious end and our own Dr. Ash has provided (and I would like to share with you and yours) a beautiful online family resource for Holy Week reflections.

It is entitled "[Stations of the Resurrection](#)" and I pray that you will take a few moments to look at this wonderful website as not just a Holy Week activity but anytime you need a "personal refresher" with our Lord.

May you all be blessed with a peaceful and peace filled Easter with family, friends and loved ones!

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](#).

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.

UNIFORMS

As the weather starts to get warmer, we remind 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.

BENNY'S STAFF BIOS

Nada Offak is keeping it in the family! Along with big brother Anton Milardovic and husband Eric Offak who also teach at St. Benedict, she joins in a great teaching tradition.

Nada has been teaching for 7 years, 5 of which have been at St. Benedict. She has gained a lot of teaching experience in various departments in the school,



Rebecca Charron is a wonderful new addition to the St. Benedict staff team, teaching French. While only in her first year of teaching she makes a remarkable contribution to our school community. She has enthusiastically taken on the role of Co-director/Supervisor for the production of the grade 9



teaching Career Studies, Civics, Learning Strategies, and Community Living. Today you can find this energetic lady in to the Active Living program in the Special Education department.

In addition to her teaching duties, Nada is also a Support Monitor for students whose last names range from with "D" to "O". She monitors the progress of IEPed students, ensuring that the academic needs of IEPed students are being met. Additionally, after school, Nada has brought the WAYVE program to the staff and students of St. Benedict. WAYVE stands for Work Against Youth Violence Everywhere and is a youth-based violence prevention program. Nada enjoys working at our school because "everyone is so friendly and helpful with advice and resources" and the students are always interesting - "never a dull moment!"

play, "Where the Wild Things Are". She also brought her expertise to the SEARS Drama Festival that was hosted by St. Benedict in 2009.

Rebecca demonstrates her commitment and passion to the youth of our school by her active involvement in our WAYVE committee. In addition, the generous donation of time by devoted staff like Rebecca has made the after school Homework Club a success. Rebecca and other Homework Club volunteers help students succeed at any subject that they need assistance with.

When asked what she likes about our school, Rebecca responded with her usual "joie de vivre", that she is "very grateful for the friendly, welcoming atmosphere here at Bennys from students, staff and parents". Rebecca is thrilled to be starting her career at our wonderful school, but I'm sure all would agree that we are the ones who are blessed to welcome her. Merci beaucoup, Rebecca!

Academic

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

OUR SECOND ANNUAL "EGGHEAD ACTIVITY" AUTONOMOUS INTERDISCIPLINARY COURSE IDC-4U

As part of the Grade 12U Interdisciplinary Course, the students complete a Unit of Study on "The Brain." One of the activities in this unit involves creating an egg "helmet." The students designed a protective covering strong enough to keep an egg from breaking. It had to be durable enough to withstand a three-story drop from high above the atrium to the floor below.

Did the eggs survive the fall? To our great pride and pleasure, the protective gear did prevent egg trauma for three of the twelve eggs. Congratulations to Sarah Chadwick, Kyle Guitar, and Sheneese McGregor for successfully launching their eggs over the railing to land unbroken on impact. Wow!

ST. BENEDICT SHINES AT REGIONAL SKILLS CANADA COMPETITION

BY MRS. L. O'NEILL

Skills Canada is a national, not-for-profit organization that actively promotes careers in skilled trades and technologies to Canadian youth. Since its inception in 1989, Skills Canada has evolved into a pan-Canadian organization offering skilled trades and technology competitions at the regional, provincial/territorial, national and international levels as well as other awareness programs for thousands of young Canadians.

Over the next two decades, employers in Canada will find it difficult to hire and retain skilled workers. We want to help Canada's industries find well-trained, well-prepared young people to fill these positions. Skills Canada wants youth to understand the many opportunities, benefits and



rewards of skilled trade and technology careers. Improving the expertise and confidence of individuals pursuing technical careers will benefit us all.

During the week of March 22 - 25 St. Benedict had 29 students competing in the Waterloo Region Technological Skills Competitions. The students competed in the areas of Auto Service, Culinary Skills, Home Build, Job Interview, Photography, Precision Machining, Restaurant Service, Small Powered Equipment, TV and Video Production and Welding.

Congratulations to all our competitors who worked very hard to prepare for their competitions. We had several medalists in different areas (see inset).

SKILLS CANADA WINNERS

Kyle McLean - Gold, Culinary Arts
Jacob Singleton - Gold, Precision Machining
Amy Chiavetti - Silver, Job Interview
Ian MacDonald, Bryce Robertson, Tyler Carroll, Rob Melfi - Bronze, Home and Team Building
Stephanie Brooker - Gold, Restaurant Service
Matthew Gillespie - Gold, Small Powered Equipment
Scott Curtis, Annelise McAllister - Gold, TV and Video Production
Andrew Kolacz, William Robertson - Silver, TV and Video Production

Home build, Precision Machining, Small Powered Equipment and TV/Video Production will compete in a qualifier on April 17th to hopefully advance to Provincials. Restaurant Service will advance directly to Provincials.

Provincials will be held May 17th & May 18th at RIM Park in Waterloo. There will be over 2000 competitors, 30000 spectators in 60 skilled trade contest areas. This two day competition will be held for those in Elementary, Secondary and Post Secondary Students. This year Waterloo is also hosting the Nationals May 20-23 at RIM Park.

Good Luck to all our competitors, as they make their way to Provincial and maybe even Nationals!

WCDSB STUDENT SUCCESS SITE

<http://bss.wcdsb.ca>

Resources to help you help your son or daughter succeed.

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!

LITERACY CORNER

BY MR. D. JAEGER

For months I have been saying the OSSLT (Literacy Test) is just around the corner....Lo and behold it IS just around the corner!

Most grade 10 students and select grade 11 students will be writing the test in a little over a week. Preparations are ongoing here at school. A practice test was recently completed as was an opinion exercise that asked that vital question: what are the 2 best pizza toppings? Better justify that opinion because I say it's green peppers and pineapple.

After school tutorial sessions continue Wednesday March 31 and Tuesday and Wednesday April 6 and 7.

Lunch-time tutorials start Wednesday March 31 and Continue April 1, and Tuesday and Wednesday April 6 and 7.

Clubs & Athletics

JUNIOR BOYS HOCKEY

SAINTS WIN! SAINTS WIN!

BY MR. D. JAEGER



The Saints Junior Boys hockey team won the 12th annual St. Thomas Aquinas Flames Cup in London on March 30. 16 competitive teams from south-western Ontario competed in this gruelling day of hockey. After 4 undefeated games against the hosts, Regina Mundi, Forest Secondary, the Saints won the championship in a dramatic shootout against John Paul 2. The

irony of the present and past popes playing each other was not lost on these good Catholic boys!

Multiple goal scorers included Scott McKinnon, Nick Fedak, Rob Kohli and Alex Pozzobon. The defence was anchored by captain Corey Genovese who led the tournament in minute played. Tyler Czaniecki and Matt Pyke were solid in net and Czaniecki not only won the tournament by making the last save, he was named MVP.

The irony of the present and past popes playing each other was not lost ...

The Saints take a breather to prep for the Literacy Test on April 8 (see Literacy Corner), but resume play at the all-Ontario Junior Boys Classic in Toronto on April 14.

TEARING UP THE TRACK (AND FIELD)

Sprint, run, jump, throw! Track and Field at Benny's has begun. Join a great tradition. All are welcome. Team meeting Tuesday, April 6. Practices will take place Mondays, Wednesdays, and Thursdays.

BASKETBALL SUMMER CAMP FOR BOYS & GIRLS ENTERING GRADE 1 TO 9 JULY 12 - JULY 16, ST. BENEDICT CATHOLIC SECONDARY SCHOOL

Boys and girls basketball players entering grades one to nine are invited to participate in five action-packed days of basketball drills, games and competitions.

Our camp has age-specific programming which provides each camper with the chance to improve their skills and gain a thorough understanding of the game of basketball in a fun and encouraging environment. We strive to have the finest teacher-coaches possible to deliver a thorough program to our campers in a favourable camper-to-coach ratio.

All campers will receive a Saints Camp T-shirt, a certificate of achievement, a written evaluation of their play and a package of drills and individual fundamentals to take home. No experience is necessary. Check out the brochure to see more. Don't miss out on the action... register today!

Looking for something fun and exciting to do this summer!

St. Benedict Basketball Camps 2010

July 12 – July 16
For Boys & Girls
Entering Grades 1 to 9



PROGRAM FEATURES

- ☞ AGE SPECIFIC DIVISIONS
- ☞ CAMP T-SHIRT FOR EACH CAMPER
- ☞ CERTIFICATE OF ACHIEVEMENT
- ☞ COACHES' INDIVIDUAL EVALUATION
- ☞ PACKAGE OF AGE SPECIFIC DRILLS AND FUNDAMENTALS TO TAKE HOME
- ☞ INDIVIDUAL AND TEAM COMPETITIONS
- ☞ AWARDS AND PRIZES
- ☞ SPECIAL GUEST LECTURERS AND MUCH, MUCH MORE!

FORMORE INFORMATION OR APPLICATION BROCHURE CONTACT:

JOHN MALNERICH AT
ST. BENEDICT CATHOLIC SECONDARY SCHOOL
519-621-4050 EXT 250

OR
SEE OUR WEBSITE AT stbenedict.wcdsb.ca
and select "ATHLETICS".

TRACK RECORDS

Over the next few issues we will be updating the track records on the website. Today we highlight the midget girl records here.

MIDGET GIRLS

Event	Name	Record	Year	Event / Place
100m	Tia Semplonius	12.62s	2006	District 8, Kitchener
200m	Tia Semplonius	25.96s e	2006	West OFSAA, Kitchener
400m	Emily Pachereva	1:09.88min e	2008	District 8, Kitchener
800m	Emily Pachereva	2:45.69min e	2008	District 8, Kitchener
1500m	Allie MacDonald	6:01min	2004	District 8, Kitchener
3000m	Lily Viggiano	14:37min	2004	District 8, Kitchener
80m hurdles	Tanika Haughton	15.14s e	2009	District 8, Kitchener
300m hurdles	Leanne Sinclair	53.54s	2004	CWOSSA, Brantford
High Jump	Laurianne Bolland	1.51m	2007	West OFSAA, Lasalle
Long Jump	Amanda Sirio	4.37m	2004	District 8, Kitchener
Triple Jump	Jacqueline Roptyn	9.12m	2004	District 8, Kitchener
Shot Put	Ramona Veerapen	6.16m	2004	District 8, Kitchener
Discus	Francine Coppen	17.89m	2005	District 8, Kitchener
Javelin	Katie Wittmann	18.05m	2005	District 8, Kitchener
4 x 100m Relay	Laura Milani, Jellisa Westney,	57.03s e	2008	District 8, Kitchener

Emily Pachereva,
Hailey Caravaggio

ST. BENEDICT'S WANTS TO BUILD A SCHOOL IN SIERRA LEONE CAN YOU HELP? WE BELIEVE YOU CAN!

BY MRS. M. ROCHA

The Social Justice Club (aka MAD Movement) continues to work hard to raise \$8500 in order to build a school in Sierra Leone. Inspired by "Free the Children", an organization that is dedicated to improving the quality of life of children around the world, the club meets once a week to work on fundraising initiatives.



What we have done so far:

- Created an awareness wall in the atrium
- Put up posters in the school
- Provided a presentation to various religion classes
- Made and sold beaded hemp bracelets
- Organized mission collections every Thursday

What we are currently working on:

- Custom made beaded hemp bracelets
- Painting inspirational quotes in the school
- Hot dog sales every Friday after school starting April 9.

DONATIONS NEEDED FOR HOT DOG SALES

The club is asking for hot dogs, hot dog buns, juice boxes, bottles of water. Please contact [Mrs. Rocha](#) or [Miss Launslager](#) if you would like to donate any items.

FOLLOW OUR PROGRESS ON THE SCHOOL WEBSITE

See where we're at in terms of meeting our \$8500 goal on the blue progress bar at the bottom of the home page.

ENVIRONUTS UPDATE

BY MRS. C. McCAFFERY

With the success of Earth Hour on March 27, 2010 we are kicking off a new realm of initiatives. Daily environmental tips are being posted over the Ranger system and starting Monday March 29, 2010 a contest begins where students and staff are encouraged to start collecting and bringing in the following to their homeroom: Zehrs receipts, Sheridan Nursery receipts, and pop tabs in their homerooms. Prizes will be awarded during Earth Week and closer to the end of the year for classes who bring in a combination of the largest sums of receipts and the heaviest container of pop tabs.

The pop tabs will be donated to the Basham family on behalf of their late daughter Lisa Basham who was killed in a traffic collision in October of 2007. Lisa was the instigator in the creation of the Environuts and we keep her in our thoughts and prayers always.

With the proceeds from the Zehrs tapes, Sheridan Nursery receipts, donations and school funds, a "Greening Up our Classrooms" initiative is helping bring plants into our classrooms and common areas. These plants add colour to the atmosphere of the room, improve oxygen levels and filter out toxins. This initiative would not have been possible without the help of Sheridan

Nurseries, who is helping us decide which plants to bring in for this worthwhile cause. This initiative will likely take a few years to completely implement.

Students are encouraged to participate in other new projects being started. If you're interested in horticulture and gardening the "Seed Team", will be growing and taking care of plants from seed. Maybe building or the assembly of birdhouses is more to your liking. If so come out for "Building Birdhouses". Perhaps you're interested in all of this and more. Come check out an Environuts meeting on Monday's after school in room 126. Watch the announcements for more information regarding these activities and more happening soon.

OUTERS CLUB BACKPACKING TRIP

Interested in joining the Outers club on a backpacking trip to Bruce peninsula the weekend of April 30? There will be a mandatory informational meeting on April 7 immediately after school in room 316. All grade levels are welcome.

Student Activities

IT'S EASTER TIME, AND IT'S BUSY!

BY EMILY PACHEREVA, SAC MEMBER

Next week is a busy one! On Thursday, April 8th we will be having our second Coffee for Haiti at 7pm in the caf. The cost will be \$2, and all proceeds will go towards the Haiti Relief Fund. Then, on Friday, April 9th, our Spring Dance, the last dance of the school year, will be happening from 6:30-10:30pm in the gym. Enjoy your Easter!

Other News

cambridge libraries & galleries



TEEN OPEN MIC NIGHT

Come and strut your stuff at our brand new, teen only, Open Mic event. This event is for aspiring teen poets and singer songwriters. Open Mic won't be judged – we're just interested in having an awesome time.

Open Mic will be held at [The Groove Kitchen & Music Room](#) in Preston on Monday, April 26. The Kitchen will be open at 7:00, the Teen Open Mic event will begin at 7:30 and end at 9:00.

If you are 12 to 17, you are welcome to join in. Everyone will be performing their own original work.

To sign up for this new event, [email Linda Foster](#) with a copy of the words of your performance art.

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.

TEEN SUICIDE AND SELF-HARMING BEHAVIOUR

APRIL 15, 2010

Teenagers face escalating emotions that are difficult to deal with and can overwhelm teens leading to self-harming and suicidal behaviours. This open forum enables parents to gain a better understanding of these behaviours and find the resources they need to help them cope. – Kathy Payette, M. Psych, CCLS; Chuck Myke, ASIST Trainer

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

April 2: Good Friday

April 4: Easter Sunday

April 5: Easter Monday

April 7: Gr 12 Euclid Math Contest

April 8: EQAO Literacy Test

April 8: 7:00pm School Council, room 103

April 8: Coffee for Haiti, 7:00pm

April 9: Junior Elite Math Contests

April 9: Spring Dance

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.

