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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

May 12, 2010

Note from Administration

Welcome to another edition of the BENN as we continue to celebrate this Easter season.

A few important notes, first report cards were distributed Tuesday this week in period one, if you have not received one at home please check with your child and then contact the school.

Also this week beginning Thursday evening April 29th, our talented students will once again take to the stage to perform the popular "High School Musical", the show will run Thursday through Saturday, please come out and join us in supporting and appreciating the gifts of our students.

Secondly we will proudly be celebrating Catholic Education Week next week. There will be several in school events and guest speakers but we would like to draw your attention to the evening of Tuesday, May 4th, when we invite the whole community, staff, family and friends to join us to celebrate Mass at St. Mary's of the Visitation parish in Hespeler. Mass time is 7:00 pm.

Finally a third major event in these busy few weeks will be our student council elections. We would like to wish all candidates well as they take this courageous step to be leaders in our community. Thanks for reading and as always, please pass on the good news from BENN, we are proud of the students and staff here at Benny's, and there is much to Celebrate.

– Mr. J. McKinnon, Principal

Administrative

CATHOLIC EDUCATION WEEK: MAY 3 TO 7

BY MRS. S. BEAUCAGE

Rejoice in the Lord always ... and the God of peace will be with you. (Phil 4:4,9)

In a world that often fixates on the negative, divisive and cynical, the goodness and giftedness that comes from our school and other Catholic schools can be overlooked. This

year's Catholic Education Week (May 2-7) celebrates our schools with this theme: *Catholic Education: Rejoicing in Hope*. The scriptural text comes from St. Paul's letter to the Philippians where he writes, "Rejoice in the Lord always ... and the God of peace will be with you.: (Phil 4:4,9) We have accomplished many wonderful things this year; let's take some time during Catholic Education Week to celebrate them!

There are five sub-themes during Catholic Education Week:

- Hope in Our Hearts
- Hope in Our Homes
- Hope in Our Schools
- Hope in Our Communities
- Hope in Our World

This year we have prepared a series of activities to highlight why our school should "Rejoice in Hope" including:

- A series of guest speakers
- Daily Prayer
- A St. Benedict Community Mass on Tuesday, May 4th at 7 pm, celebrated at St Mary of the Visitation Parish, 16 Cooper Street, Cambridge.

We hope to see many of you at our Community Mass on May 4 at St. Mary and invite you to pray along with us during Catholic Education Week:

Loving God,
We praise you and we bless you.
Give us wisdom and courage to be messengers of hope in our world.
Let us be marked with integrity and unity in our vocations,
 To be living signs of your joyful hope.
Help us dispel clouds of despair and doubt.
When we flag, bring us back to the Gospel.
Help us to reach beyond our comfortable boundaries
 To those who need your love and justice.
May our schools teach peace to the world through their words and witness.
May we speak for our beautiful yet wounded planet,
 To take bold steps towards our healing.
May we continue to dream that one day our entire world will Rejoice in Hope.
We make this prayer in the name of Jesus, Light of the World.
Amen!

CHAPLAIN'S CORNER

BY MR. B. REMPEL

Easter Sunday is the first day of the fifty-day Easter Season. On Tuesday, April 20, Father Fred Scinto celebrated Easter Mass with our school community. We are always grateful that we can remember the significance of Jesus' resurrection.

Grade 10 retreats begin this week. The focus of our day together is "Taking care of ourselves, taking care of others, taking care of God's creation."



**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

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](#).

Information and Communications
Technology

Justice, Safety, and Emergency Services

Manufacturing • Transportation

Get more information at www.highskills.ca

Sign up in the GUIDANCE office.

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.

IN LINK CREW NEWS....

BY MISS A. GLEISER

Applications for next year's Link Crew Leaders have been handed in and we are proud to announce shortly the new crop of fabulous leaders from Bennies! Competition is fierce as we have received a RECORD NUMBER of applications! Link Crew is an amazing program that helps provide a positive experience for our brand new grade nine students. As a Link Crew Leader, we are looking at students who encompass many qualities that will showcase all of the wonderful aspects that our awesome school has to offer.

Becoming a Link Crew Leader is serious business...and a whole lot of PLAY!! It is important to recognize that as a Link Crew leader, there is a commitment that each student must make to ensure the absolute success of the program. On each application, a list of mandatory dates has been listed. These dates are critical in the overall SUCCESS of Link Crew as they contain the important training process of becoming a Link Crew Leader and the sustainability of the program throughout the school year.

We would like to send out a MASSIVE thank you to the Link Crew Leaders of this year!! You were incredible and will be hugely missed!!

Stay tuned for more exciting Link Crew news in the next issue of BENN!!

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?

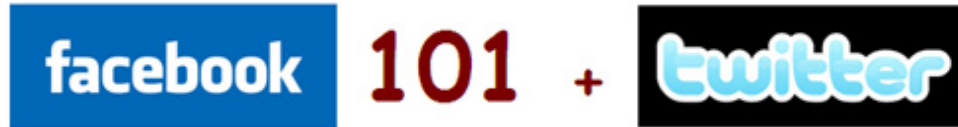
Dave Jaeger (A-L)

John Malnerich (M-Z)

Amy Gleiser (Grade 9 Transition A-Z)

Described as a "must-see" event by parents everywhere,
ST. BENEDICT SCHOOL COUNCIL

Cordially Invites
Parents, Teachers and Interested Parties
to a presentation of



WITH CHRIS VOLLUM
RECOGNIZED AUTHORITY ON FACEBOOK & TWITTER AND
PARENT WITHIN THE HALTON DSB

ON TUESDAY MAY 25, 2010 AT 7:00 PM
IN THE LECTURE HALL,
ST. BENEDICT CATHOLIC SECONDARY SCHOOL,
50 SAGINAW PARKWAY, CAMBRIDGE

Educate yourself on the world's largest Social Networking sites as you...

- **Fully understand** the Federal Privacy Commissioner's August 27, 2009 mandate to Facebook involving transparency and full disclosure of Facebook's privacy policies, and the liability to its 350 million users.
- Set Facebook & Twitter's **NEWEST** basic, advanced and **hidden**, search, privacy and posting tools.
- **Identify** what happens when you download any of Facebook's more than 350,000 third-party applications such as "Farmville," "Honesty Box," "Top Friends" and "Bumper Stickers."
- **Ask** the single most critical question to evaluate each of your Facebook & Twitter Friends & Followers.
- **Distinguish** between a Facebook Friend, Acquaintance and Stranger - and the potential, and permanent, impact it can have on your real-world reputation and career.
- **Understand** how to fully customize your profile to limit access to certain Facebook & Twitter Friends (Followers), and allow full access to others.
- **Grasp** what really happens to the information you post to your profile and to your Friend's profiles.
- **Witness** the "Hotel California" syndrome of Facebook (You can check out any time you like.....).

**As of December 2009, Facebook 101 has been delivered
to more than 60,000 students throughout fifteen School Boards
and independent schools in Southern, Southwest
and Central Ontario.**

BENNY'S STAFF BIOS



Ted Mukhar has been teaching at St. Benedict for five of the eight years of his teaching career. An avid history buff, Ted shares his enthusiasm and love of history with his students. "I really have a passion for history and a great respect for the country we live in

and I get energized when I see that same spark/passion develop in the students I teach."

Recently, Ted has been teaching in the Religion department, bringing his charismatic presence to another department in the school! Ted is also a competitive softball and volleyball player and transfers his team skills and experience to the the boys' and girls' Volleyball teams and to the boys' Softball team as Head Coach. Outside of athletics, Ted also supervises the school's Breakfast Club which offers a nutritious breakfast to anyone who has not had the opportunity to eat prior to starting classes. When asked about what he likes best at Benny's, he doesn't hesitate to say the staff at St. Benedict make this place a great place to work and has become like an extended family, offering their friendship and support. We all know that this is the reason that our school has built a strong cohesiveness that rivals that of any school!



Sophia Adach has been a high school teacher at St. Benedict for twelve years, but started her career five years earlier as the staff software trainer at the City of Waterloo. She usually teaches computer classes with a great group of peers in the Business

department, however, recently she has ventured out into the essential Math classroom. She believes that the greatest gift school can offer is the opportunity to learn... about something, someone, or yourself.

She enjoys the community that is St. Benedict—its diverse population and authentic attitudes. Sophia likes to stay active by coaching the spring Badminton team and running the year-round Badminton Club. As well, this year, she has tried her hand at coaching Curling and Tennis. In addition to sports, Sophia has been involved in co-chairing the Graduation Committee and contributing articles to the BENN Newsletter.



Denise Lowe, who has been teaching for 16 years, 14 of which have been at St. Benedict—is one of the few current staff members who began at the old St. Benedict. She is part of a great team of teachers in the Religion

department whose close professional and personal bonds make them a remarkable community of co-workers. In addition to teaching grade 10 and 12 Religion, Denise has also taught Phys Ed. Her experience and interest in sports has involved her in coaching midget girls Basketball and girls Hockey at our school, however, Denise has chosen to focus on a young family for now.

At school, she still takes on the important tasks associated with Graduation and Literacy committee. Her philosophy about her role at school: "I love that I have the opportunity to teach our youth about being a good person and faith. I believe that we hear too much negative talk about teens and working with them everyday. I can honestly say that deep down they are good people. You just need to take the time to get to know them."



Carmen Friedrich, the Assistant Head of Language and Communications at our school, has been teaching since 1996. As a natural complement to her subject area, Carmen is also part of the Literacy Committee - lending expertise to a group that is

dedicated to improving the reading and writing skills of the student body.

Carmen began her career at a private catholic school in Salt Lake City, Utah and then migrated north to teach in Waterloo at St. David's before settling in at St. Benedict in 2002 . She currently teaches English, but has also had the opportunity to share her artistic side, teaching art. Outside of school, Carmen loves to read (naturally!) and expresses her creative side through hobbies like scrapbooking, knitting and other crafts. What she values about our school: "I love the students here! Every day is a new experience."

Academic

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

As part of the Interdisciplinary/Autonomous Course (IDC4U), the students explore the teenage brain. The following is an excerpt from Frontline: Inside the Teenage Brain:

"It's the mystery of mysteries—especially to parents—the unpredictable and sometimes incomprehensible moods and behaviors of the American teenager. Generations of adults have pondered its cause. Hormones? Rock music? Boredom? Drugs?

In "Inside the Teenage Brain," FRONTLINE chronicles how scientists are exploring the recesses of the brain and finding some new explanations for why adolescents behave the way they do. These discoveries could change the way we parent, teach, or perhaps even understand our teenagers."

Interested? Visit the following website:

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

► **Just a reminder!** The Perimeter Institute's "I love science" contest deadline is May 10.

BENNY'S STUDENT WINS LINCOLN ELECTRIC DESIGN CHALLENGE

BY MR. M. SULLIVAN

With the launch of Lincoln Electric's new Viking line of autodarkening welding helmets, all welding students in Canada were invited to submit their idea for the coolest helmet graphic.

Congratulations to Johnathan Heynen who designed his welding helmet in Manufacturing class and submitted his design last semester. Johnathan is picking up a PowerMig 216 Welder valued at \$2230!

I am extremely proud of Johnathan's accomplishment since the contest involved some hefty competition. The following was the criteria for the competition: Any full or part time student attending one of the following institutional categories may submit a design: Secondary Schools, CGEP, Colleges, Poly-Technical Institutes, Universities, Union Training Schools.

Johnathan was a concentrated OYAP student with me last semester and is currently working in industry. [Click here](#) to see his design.

CAREERS IN MATH AND SCIENCE

BY MR. M. MODOLO

WHY DO WE STUDY MATH AND SCIENCE?

Grade 10 and 11 students will have the opportunity to attend an assembly to learn more about career paths in math and science.

On May 11, during period 2, students in applied or college level math or science classes will hear from a panel of professionals about the ways in which math and science are used in different workplaces.

WCDSB STUDENT SUCCESS SITE

<http://bss.wcdsb.ca>

Resources to help you help your son or daughter succeed.

IS THERE A BENNY'S GRAD

On May 12, during period 1, students in academic or university level math or science classes will hear from a panel of professionals about ways in which the study of math and science have supported their carer paths.

Guest presenters at each assembly will represent a variety of workplaces in the region, including Stantec, Research in Motion, Google and Agfa Healthcare.

Students can talk to their math teachers for more details.

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!

IN THE NAME OF SOCIAL JUSTICE...

GR. 12 STUDENTS GIVE FROM THE HEART

By Mrs. D. Lowe

Mrs. Lowe's Gr. 12 Open Religion classes invited guest speakers Gary Foran who volunteers at Cambridge Self Help Food Bank and Deacon Reverend Frank Squires who helps to run Trinity Community Table (local soup kitchen) out of Trinity Anglican Church to speak to the classes about Social Justice course. The grade 12 students were so moved by their presentation that within one week the 2 classes raised a total of \$135.06. They actually had a little competition between them as to which class could raise more money. Honourable mention goes to Period 5 who raised \$75.06. In class we have talked about the circle of Faith in Action, compassion, the dignity of the human person and these students truly put the course content into action. After the speakers left, they took it upon themselves to collect for the program of the Trinity Community Table, within 2 minutes \$19 was generously donated and the donations just grew from there.

... [the students] took it upon themselves to collect for the program ... and the donations just grew from there.

Thank you to Mr. Foran and Rev. Frank for coming in to inform our classes about these valuable programs that are offered in Cambridge.

Clubs & Athletics

SAM JACKSON SIGNS WITH THOMAS UNIVERSITY

A BENN EXCLUSIVE



Girl's Soccer
St. Mary's 2, St. Benedict 1
St. Benedict 11, Rockway 0

Senior Boys' Soccer
St. Benedict 0, St. Mary's 2
RMC 1, St. Benedict 8

Golf standout Sam Jackson recently signed a letter of intent to attend and play golf for Thomas University. Jackson is a senior at St. Benedict's, where he excelled in the sport of golf. Joining him in the signing were TU Golf Coach Jack Megahee and his parents Jim and Daryl Jackson. Sam



will begin at TU this fall.

TEARING UP THE TRACK (AND FIELD)

BY MR. F. WITTMANN

"Sprint, jump, throw, run. Track and Field is lots of fun."

The Track and Field team is up and "running" with over 70 members ready to compete. At last week's Track Wars at Resurrection, they performed well including the following highlights:

Michaella Worrel-Rogers, Midget Girls 100m, 5th
Tanika Houghton, Junior Girls 100m, 4th
Tia Semplonius, Senior Girls 100m, 2nd
Lindsay Francescangeli, Midget Girls 800m, 2nd
Senior Girls 4X100m relay, 3rd

The team looks forward to many competitions during the coming weeks.

► Follow Track & Field events on our [ClassNet page](#).

GIRLS' SOCCER TEAM

BY MR. A. ARKELL

The girls soccer team had an impressive win Tuesday night against Rockway. It was an aweome display of teamwork. Every player on the team contributed to our success either by making key passes or preventing Rockway from getting any decent scoring chances.

The goal scorers were Meaghan Mason with 4, Chanel Simard with 3, Kass Fernandes with 2, Kristen Oliveira and Catherine Umolac each had one. Alesha Gregorio earned a shutout in goal. The girls hope to carry this momentum into our game against Rez on Friday and our tournament in Windsor on the weekend.

ULTIMATE FRISBEE

BY MR. N. DUFRESNE

Ultimate practices continue this Friday and every Friday after school in gym one at 2:30. Practices are open to all students, male and female in grades 9 through 12. Newcomers are always welcome. If you have any questions please see Mr. Betik or Mr. Dufresne. See the ranger for more details. See you there!

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".

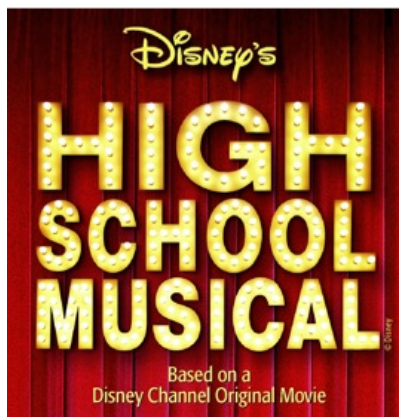
TRACK RECORDS

Over the next few issues we will be updating the track records on the website. Today we highlight the junoir girls records.

JUNIOR GIRLS

Event	Name	Record	Year	Event / Place
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100m	Tia Semplonius	12.2s	2007	District 8, Kitchener
	Jellisa Westney	12.29s e	2009	OFSAA, Toronto
200m	Tia Semplonius	25.14s e	2007	OFSAA, Ottawa
400m	Katie Wittmann	1:07min	2006	District 8, Kitchener
800m	Shayna Butcher	2:38.26min	2005	CWOSSA, Brantford
1500m	Tara MacDonald	5:20.28min	2004	CWOSSA, Brantford
3000m	Ashley MacDonald	12:35.0min	2005	CWOSSA, Brantford
80mH	Ashley MacDonald	15.72s	2005	District 8, Kitchener
300mH	Amanda Sirio	49.30s e	2005	West OFSAA, Sarnia
High Jump	Lauryanne Bolland	1.55m	2008	District 8, Kitchener
	Kaitlyn Skinner	1.55m	2008	CWOSSA, Guelph
Long Jump	Miranda Dufresne	4.88m	2009	OFSAA West, Kitchener
Triple Jump	Miranda Dufresne	9.60m	2009	CWOSSA, Kitchener
Shot Put	Sam Gillespie	7.65m	2004	District 8, Kitchener
Discus	Sam Gillespie	21.62m	2004	District 8, Kitchener
Javelin	Sam Gillespie	20.32m	2004	District 8, Kitchener
4 x 100m Relay	Rachel McCann, Tia Semplonius, Katie Wittmann, Kelly Poetker Alt: Elsa Eminetu	53.48s	2006	CWOSSA, Kitchener



THAT'S RIGHT!!! "HIGH SCHOOL MUSICAL" IS HERE!!!!!!

Thursday, April 29 to Saturday, May 1

7pm in our cafeteria
Adults \$10, Students/Seniors \$6
Children 5 and under FREE

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.

Student Activities

PROM, PRESIDENTS, AND POLITICS...

BY EMILY PACHEREVA, SAC MEMBER

Coming up on May 7th is Prom in Paris which will be held at Federation Hall at the University of Waterloo, 200 University Ave. It will be from 7:30 until midnight and it is a formal affair with photography included!

The election for next year's co-presidents will be on May 14th.

For those interested in being a part of Student Council, packages will be going out on May 17th.

Other News

LUTHERWOOD SPEAKERS' SERIES

DRUGS AFFECT MENTAL HEALTH IN TEENS

APRIL 29, 2010

There is a link between your teen's mental health and substance use. This presentation will help parents identify early signs of substance use, learn how to intervene, recognize narcotics paraphernalia and understand the local trends of substance use. – *Heather Kring, C.Y.C., Gladys Bender, RN, and Constable David Swainson*

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.

Upcoming Events

April 29-May 1: School musical

April 29: T'n'F: Maxi Meet #1 @ Rez

May 6: T'n'F: Maxi Meet #2, TBA

May 7: Prom

May 10-13: Co-pres Campaign week

May 12-13: T'n'F: District 8 @ Rez

May 13: 7:00pm School Council, room 103

May 14: Co-pres assembly

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.

