



With great sadness we inform you of the passing of Dean Ferro, a recent student of St. Benedict, in a canoeing accident. We have lost a member of our family this past weekend. Staff and students are supporting one another in many ways at St. Benedict's during this difficult time. We invite current and graduate students to join us in the chapel as we remember Dean with a memorial book.

If you would like to link a student with additional support during this time, the following resources assist teen after the loss of a peer.

Coping Centre
1740 Blair Road, Cambridge
519-650-0852
www.copingcentre.com

Family Counselling Centre of Cambridge and North Dumfries
18 Walnut Street, Cambridge
519-621-5090
www.fcccnd.com

You can also contact your Guidance Counsellor, Administrator, the Chaplain Bob Rempel or Sandra Ayerst, School Social Worker at 519-621-4050.

A PRAYER FOR DEAN

Lord Jesus, when your friend Lazarus died, you cried and were deeply troubled in spirit. Dean Ferro, one of our friends and classmates, has died: O Lord, we are sad and confused. Be with us in our grief, and help us trust your love for Dean and us. Help us to know in our hearts that on the other side of the mystery of death you are with us, even as you are with us in life. Comfort us, and comfort Dean's family and friends.

Bring healing to us all, and help us move forward in our lives in peace and hope. We pray in the name of Jesus our Lord, the resurrection of life. Amen.

Funeral arrangements have not been confirmed at this time, however Visitations will begin Thursday at Coutt's Funeral Home in Cambridge. Times to be announced.

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The Benny's Electronic News Network newsletter is a publication of St. Benedict C.S.S. in Cambridge,

Note from Administration

Facebook and Twitter 101: *Your Facebook experience begins with 'Adding a Friend'. Before Adding a Facebook Friend, ask yourself: "Would I trust this person to the level that I'd leave them alone in my home with mine and my family's most valuable possessions and information?"—one of several tips and insights provided by Chris Vollum—a recognized Facebook expert and parent of children in the Halton D.S.B.*

Chris will be making two presentations to the St. Benedict Community on Thursday May 25th. The student presentation is during the day and the parent and community presentation in the evening.

Please come out and join us as we all improve our skills in navigating an increasingly technological world safely, with respect and dignity.

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 26, 2010

And - a huge congratulations to the cast and crew of our own High School Musical production who performed to full house each evening of their run of performances.

Thank you for sharing the spirit of inclusion and enthusiasm of following dreams, together! It has been a very busy month already in and out of the classroom. With the culmination of Catholic Education Week, we thank the staff, students and parents who joined Fr. Freitas at St. Mary's of the Visitation Parish to celebrate a community mass, and thank you the students for the respect and empathy they showed Mr. Neuts, who discussed the dangers and impact of Bullying on youth today. Mr. Neuts son, Myles died tragically ten years ago in a school in Chatham Ontario. A powerful message of the impact we all have on each others lives was shared in a school wide assembly last Tuesday.

Mid term reports have gone home—we are in the final stretch of semester II, it now a key time to focus on finishing a successful semester.

Go Saints!

– Mr. J. McKinnon, Principal

Administrative

REFLECTION ON CATHOLIC EDUCATION WEEK

BY NAYTE MELO

To kick off Catholic Education week, some classes had the opportunity to attend a presentation about Free the Children. This presentation was hosted by Directors of Change (a division of Me to We/Free the Children) and given to us by Rebecca McAllister, an employee of Free the Children.

My religion class attended the presentation and participated in the activities given to us. Our class was split into 6 or 7 groups and given a topic about social change, such as homelessness, water, or HIV/AIDS to name a few. We were given instructions to use facts provided to us to video tape a short information clip on our topic. When my group was finished, I made it back to the chapel with time to spare to talk to Rebecca about her job and how she came about it.

It's mid-July and we've finally received the hot weather most of us have been waiting for. To wake up, you make yourself a cup of coffee and sit down to watch the weather channel. You throw on your tee-shirt and shorts after a cold shower and take out a few steaks or burgers to defrost for dinner. Now, within only an hour or two you have reached your routine footprint across the globe. The coffee you drink has probably come from a developing country, and a hard working family could have quite possibly been exploited for cheap labor. The television you watch has come from Asia, your clothing from Mexico or India. Your shorts or jeans may say 'Made in USA' but that sounds too good to be true. The meat you plan to BBQ for dinner was once an animal that required pounds and pounds of grains for food. Across the ocean our own people die of malnutrition and eat the same dirt we walk on. In a matter of seconds, we can have clean water in our own home. With hard labor and hours of travel per day, our African neighbors still don't receive healthy or clean water.

Being aware of our daily activities and how they affect the people of our world is the first step to making a difference. Acting upon it and changing our own lifestyle so that others may have a fighting chance is the real challenge.

If there's one thing I learned in the past week, it's that there doesn't need to be a reason to do what is right. There doesn't need to be a pat on the back or a 'thank-you'. If you can see or

feel the change within yourself, you can sleep knowing that the same change is working itself through others you may never meet.

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 consequenced.

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.



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.

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.**

Academic

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

HOW THE BRAIN RESPONDS TO EXERCISE

**Book Reference: Spark - The Revolutionary New Science of Exercise and the Brain
by Dr. John Ratey**

1. First, endurance exercise appears to increase the brains capacity to concentrate. After rigorous exercise people are more attentive, and because they can concentrate better they have the ability to process and retain more information.
2. Second, exercise causes changes in brain cells and chemistry that promote learning. The brain is composed of a hundred billion cells that interact and communicate using molecules called neurotransmitters. In turn brain cells are man-aged by a broad range of hormones and growth factors that help them adapt and grow. When people learn, these hormones and growth factors are released and cause new brain pathways to be laid down. These new connections between brain cells serve to 'hard-wire' the memory that becomes the new knowledge just learned. Exercise appears to promote the release of specific neurotransmitters, hormones and growth factors that promote this learning process.
3. Third, the way in which exercise promotes learning is through a process called neurogenesis. Neurogenesis is the production or growth of brand new brain cells. When people learn, they may require the creation of new brain cells to help form the pathways that becomes the memory of the new learned knowledge. Exercise has been shown to promote the growth of new brain cells, or neurogenesis.

RUN FOR YOUR BRAIN

Thus exercise provides people with more brain cells and increases the factors that help those brain cells make connections, and enables people to concentrate better so they can accomplish the work of learning easier. It is remarkable that something as simple as regular exercise can actually make you smarter and can "strengthen" the brain much like it can strengthen muscles.

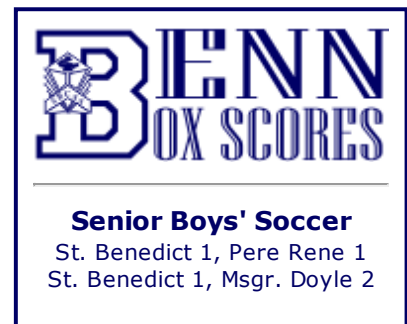
Clubs & Athletics

SAINTS SOCCER NEWS

BY MR. D. VRABEC

SAINT BENEDICT 1 - 1 PERE RENE DE GALINEE

The senior boys soccer team dominated the game's proceedings, taking a lead and creating chance after chance, only to be thwarted by a combination of desperate defending by the part of Pere Rene team, and blustery, windy conditions. Goal scored for St. Benedict by Eric Ferreira.



SAINT BENEDICT 1 - 2 MONSIGNOR DOYLE

Bragging rights for the City of Cambridge were up for grabs for this game, with both teams donning black armbands in memory of their friend Dean Ferro. The Saints fell behind to two quick goals by the Mustangs, and battled hard to earn a penalty kick. Randy Ribeiro converted the rebound of the penalty kick to half the deficit, and pressed for an equalizer. Full credit goals to the team for their effort, especially Brendan Chaves' saves in goal which kept hope alive, but a series of impressive saves by the Doyle goalkeeper ensured that the result stayed in south Cambridge.

SOCCER PLAYOFF PICTURE TOO CLOSE TO CALL

Both our boys' and girls' soccer teams will be involved in play-off action this Friday. Because the standings are so close, it still hasn't been decided who the opposition is, or

whether our teams will be home or away.

Watch the news ticker on the Benny's website Thursday and Friday to find out when, where, and whom our two teams will be playing. Best of luck to the Saints' soccer teams as they head into the playoffs!

TRACK RECORDS

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

JUNIOR BOYS

Event	Name	Record	Year	Event / Place
100m	Brian O'Neill	11.8s	2004	District 8, Kitchener
200m	Jeff Hunt	24.8s	2007	District 8, Kitchener
400m	Paul Gardin	58.5s	2004	District 8, Kitchener
800m	Ricky Pooran	2:10.8min	2007	District 8, Kitchener
1500m	Drew Jansen	4:12.74min e	2005	OFSAA, Windsor
3000m	Drew Jansen	9:22.68min e	2005	West OFSAA, Sarnia
110mH	Kieran Swan	16.1s	2007	District 8, Kitchener
300mH	Jeff Hunt	47.5s	2007	District 8, Kitchener
High Jump	Shane O'Driscoll	1.65m	2008	District 8, Kitchener
Long Jump	Michael Dietrich	5.06m	2004	District 8, Kitchener
Triple Jump	Brian O'Neill	11.3m	2004	CWOSSA, Brantford
Shot Put	Nathan Loehle	12.82m	2006	Track Wars, Kitchener
Discus	Nathan Loehle	39.66m	2006	District 8, Kitchener
Javelin	Nathan Loehle	56.63m	2006	OFSAA, Etobicoke
Pole Vault	-	-	-	-
4 x 100m Relay	Evan Dell'Aquila, Brian O'Neill, Chris Leslie, Michael Dietrich	47.55s	2004	CWOSSA, Brantford

SAINT TO SHOW SKILLS

BY MRS. L. O'NEILL

Stephanie Brooker, a Grade 12 student, has been preparing to represent the Waterloo Catholic District School Board and St. Benedict at the upcoming Provincial Skills Competition. Stephanie will be competing in the Restaurant Service competition on Tuesday May 18th at RIM Park in Waterloo.

The purpose of the Restaurant Service competition is to evaluate the competitors applied skills and knowledge in the performance of restaurant service duties. It will also serve to expose the competitor to the demands of both the Front of the House (FoH) and the Back of the House (BoH) and the importance of their position within the establishment. The competitor will be provided with an opportunity to develop a true appreciation for the skills necessary to be a server.

Stephanie will be expected to do napkin folding, make drinks, prepare food at the table and serve guests appropriately. She has been practicing very hard over the last month to perfect her service skills and recipes.

Good Luck to Stephanie as she heads to RIM Park next week.

Student Activities

MAY IS A BUSY MONTH...

BY MISS S. SKINN

Student council has been very busy throughout May getting ready for lots of different activities open to all students. Co-president campaigning was to begin this week, but in light of the recent tragedy everyone has pulled together and postponed all events until next week. Co-presidents for next year will be chosen on May 21, 2010 students will be able to vote in their period 5 classes.

Applications for general student council 2010-2011 will be available starting May 17 and are available to all returning students from grade 9-12. They will be due May 28.

Wednesday May 19 our traditional BBQ fun day is set to be a great day of fun for all students. There will be basket-ball shootout for prizes, dunk tank with proceeds going to missions, food and drinks available.

Activities will cost \$1

Hot dogs \$0.50

Popcorn and lemonade \$0.25

Lastly there will be a presentation about Facebook and Twitter highlighting the benefits and risks using real examples of information posted on facebook. The student presentation will happen May 25 period 1 and 2. There will be a special parent version of the presentation also on May 25 starting at 7pm in the lecture hall. All parents are welcome to attend and learn more about the uses and dangers of using Facebook and Twitter.

Upcoming Events

May 17-20: Co-pres Campaign week (moved)

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

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

May 21: Co-pres assembly

May 19: SAC BBQ Fun Day

May 19-20: T'n'F: CWOSSA @ Rez

May 24: Victoria Day

May 27: COPA Arts Night

May 28: United Faiths Liturgy

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.

