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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

June 9, 2010

Note from Administration

We hope everyone is has found time to enjoy the long weekend and has returned refreshed and energized for the home stretch of semester II.

The last few weeks prior to final summative evaluations is a critical time to consolidate learning, complete assignments, and prepare for the final 30% of course evaluations.

This is a key time to communicate with teachers and students to assure all the pieces are in place for a successful finish to the school year.

It is also time to congratulate our newly elected co presidents for next year, Sarah Hersh and Dane Nichols. During a very impressive and complete campaign all of our 5 student leaders running for this honour put on an exemplary display of courage, dignity, and honour that makes us all proud be Saints. Our future is bright and we encourage all who are interested in student leadership and the good of the whole community to consider becoming involved with our Student Activity Council (SAC). Congratulations and thank you our SAC director, Ms. Skinn, who tirelessly continues to support and provide opportunities for our students, along with the help our dedicate staff.

Enjoy the BENN and wonderful summer type weather, remembering there is still much work to be done!

– Mr. J. McKinnon, Principal

ST. BENEDICT IN THE LOCAL MEDIA

CAMBRIDGE TIMES: [City mourns teen](#)
CAMBRIDGE TIMES: [Growing good deeds](#)

Administrative

NEWS FROM THE GUIDANCE OFFICE

BY MRS. P. KLASSEN

CALLING ALL GRADUATES

Although we have not yet formally said "good-bye" to our Grade 12 class as of yet, plans are well underway to welcome them back to St. Benedict on **Friday, October 29, 2010** for our annual Graduation celebration. Grade 12 students are reminded that if they are planning to attend the October celebration, they must complete their graduation forms and pay their graduation fee by Friday, June 11. Completed forms and fees can be handed in at the Guidance Office. Potential Graduates are also reminded of the importance of completing the mandatory 40 hours of Community Service prior to the end of June in order to meet diploma requirements.

CREDIT COUNSELLING SUMMARIES

All students currently in grade 9, 10 and 11 should have received a copy of their credit counselling summary in their period one class at the end of April. A student's credit counselling summary is a record of all courses that have been completed by a student as well as courses that a student is currently taking. At this time of the year, a credit counselling summary will also indicate the courses that a student has chosen for the up-coming school year. We would encourage all students and parents to review the course choices that have been made for the up-coming school year to make sure that they are accurate and are still reflective of their wishes. Students who would like to change one of their requests are encouraged to make an appointment with their guidance counsellor as soon as possible.

SUMMER SCHOOL

Summer school will be available this summer for St. Benedict students through the Waterloo Region District School Board, our coterminous board this summer. Make-up credit courses will be offered at Jacob Hespeler Secondary School in Cambridge and Cameron Heights Secondary School in Kitchener. A selected number of new credit courses will be offered at Jacob Hespeler Secondary School in Cambridge and Sir John A. Macdonald Secondary School in Waterloo. Classes will begin on Monday, July 5th and will run until Wednesday, July 28th. Make-up courses are 3 hours in length, either morning or afternoon, while new credit courses are 6 hours in length, not including a 30 minute nutrition break. More information regarding summer school course offerings and registration is available in the guidance office. Please note that students interested in taking a new credit course in summer school must register by June 10.

WHAT ARE YOUR PLANS AFTER HIGH SCHOOL?

The following web sites provide a wealth of information regarding the various pathways available to students following high school:

www.ontariocolleges.ca → Information about Ontario Colleges and Programs

www.electronicinfo.ca → Electronic Guide to Ontario University Programs

www.highskills.ca → Information regarding our Specialist High Skills Major Programs is found here

www.apprenticeshipsearch.com → A site with a lot of information about apprenticeships

www.careersintrades.ca → Resources for students considering a career in the trades

www.careercruising.com → An online career guidance and planning system

www.jobbank.gc.ca → Service Canada's job information site



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.

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](#).

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 consequencesd.

BENNY'S STAFF BIOS



Christine Stockie is a veteran teacher at St. Benedict. She has spent 15 of her 16 years here at Benny's. She has seen Benny's grow significantly from a run-down senior public school to a bright, shining, state-of-the-art complex. She has taught Math,

Science, Special Ed and Visual Art. She has a passion for promoting critical thinking and problem-solving, and the former Math department head is now focused on teaching math, coaching math contests and the math league.

This year, Christine is putting her considerable energy and enthusiasm into splitting her days between teaching and exercising her duties as the Vice President of the Waterloo OECTA Secondary branch in Kitchener. Even though she misses the interactions with students and staff that spending a full day here brings, she still embraces the challenges and fast pace of her new job.

Christine loves her involvement in St. Benedict, having coached volleyball, cheerleading, track and field and wrestling at our school. She is deeply committed to our school community which she knows is vibrant and exciting. What is amazing is that some of the students that she has taught are now teaching beside her!

Sherry MacDonald has been teaching for 9 years. Prior to her career in education, she worked in Labour Relations. For the past 6 years at St. Benedict Sherry has been teaching grades 9 and 11 Religion and Law. This

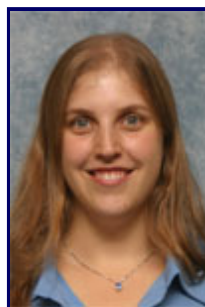


Linda Dutka has been teaching for 22 years - all at St. Benedict! (Oh the changes she has seen!) Well known to freshmen and grad students by legend, Linda is famous for puppets and chalk! In class, she teaches biology and environmental science but her love

of the natural world extends to her extra-curriculars.

She coaches the Outer's Club and Rock Climbing Club, but also has another passion: chess. Even outside of school, Linda loves to do photography, bird watching, travel, and go camping and canoeing.

What exactly keeps her enjoying our school? Its enthusiastic and generous students and staff! She also values the variety of extra-curricular activities available. Linda's guilty pleasure: chocolate!



Catherine McCaffery has been teaching for 6 years, 4 of the years at St. Benedict's. She enjoys teaching Math for all grades and at all levels.

When not working dilligently in the classroom, Catherine is active in the Environmental Club (ENVIRONUTS) or helping students in the Homework Club. She is also part of the team that designs and produces the annual Yearbook. Catherine is appreciative



year she also has the added responsibility of heading up the Religion and Family Life department.

Sherry loves celebrating our faith with students and staff and enjoys being in the classroom. Her contributions to the school's faith community is demonstrated by her relentless support of each student toward success. Sherry shares with us, "I am so proud to be a member of the Bennies community. I especially enjoy our arts programs and social justice initiatives".

of the many supports for students to be successful in Math such as SST, Homework Club, Math Credit Rescue and other math teachers that work collaboratively to bring out the best in students.

Catherine believes that St. Benedict is a great place to work, having supportive colleagues in the math department who can help out when she's unavailable or busy with extra curriculars. At home, family life is always busy with her 19 month old daughter and cat.

Academic

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

SUCCESSFUL INTELLIGENCE

Cognitive Psychologist Robert J. Sternberg defines intelligence as follows: "I define [intelligence] as your skill in achieving whatever it is you want to attain in your life by capitalizing on your strengths and compensating for, or correcting, your weaknesses."

He proposes three intelligences in human cognition:

- **Analytical intelligence** is the ability to analyze and evaluate ideas, solve problems and make decisions.
- **Creative intelligence** involves going beyond what is given to generate novel and interesting ideas.
- **Practical intelligence** is the ability that individuals use to find the best fit between themselves and the demands of the environment.

The three intelligences, or as he also calls them three abilities, comprise what Sternberg calls Successful Intelligence.

For more information: <http://www.indiana.edu/~intell/sternberg.shtml>.

Clubs & Athletics

TEARING UP THE TRACK (AND FIELD)

BY MR. F. WITTMANN

CWOSSA TRACK AND FIELD RESULTS

Congratulations West OFSAA Qualifiers:

Tia Semplonius (200 Gold, 100 Silver)


Nathan Cumber (800 Bronze, 400m 6th)

Jeremy Petrie (4th High Jump, 5th Long Jump)

Other strong performances included 7th place finishes for:

Alex MacDonald (Javelin)

Julia Wittmann (300m Hurdles)



Girl's Soccer
 St. Benedict 3, Msgr. Doyle 2 (QF)
 St. Benedict 0, St. Mary's 5 (SF)

Senior Girls Relay (Rachel Grant, Tanika Haughton, Michaela Worrell-Rogers, Tia Semplonius)

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

FOOTBALL

Attention all Grade 9's that want to play football next year. There will be a very important meeting next Thursday May 27th after school in the Lecture Hall. Spring camp will run from May 31st until June 4th. Any questions ask Coaches Lowes or Vale down in phys-ed.

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 FOREACH 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 senior girls records.

SENIOR GIRLS

Event	Name	Record	Year	Event / Place
100m	Tia Semplonius	12.33s e	2008	CWOSSA, Guelph
200m	Tia Semplonius	25.27s e	2008	West OFSAA, London
400m	Tia Semplonius	1:04.73 e	2009	District 8, Kitchener
800m	Tara MacDonald	2:26.47min e	2006	West OFSAA, Kitchener
1500m	Tara MacDonald	5:03.82min	2006	CWOSSA, Kitchener
3000m	Tara MacDonald	11:32.13min	2005	CWOSSA, Brantford
100mH	Amanda Sirio	16.94s e	2007	West OFSAA, LaSalle
400mH	Amanda Sirio	1:10.97min e	2007	West OFSAA, LaSalle
High Jump	Kaitlin Skinner	1.55m	2009	CWOSSA, Kitchener
Long Jump	Loveita Adams	4.17m	2007	District 8, Kitchener
Triple Jump	Jia Salad	8.59m	2005	District 8, Kitchener
Shot Put	Sam Gillespie	8.17m	2005	District 8, Kitchener
Discus	Amy Dwornikiewicz	25.47m	2005	District 8, Kitchener
Javelin	Charde Richards	23.24m	2006	District 8, Kitchener
4 x 100m Relay	Loveita Adams, Rachel McCann, Kelly Poetker, Tia Semplonius Alt: Amanda Sirio	50.86s	2007	CWOSSA, Kitchener

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

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

Follow our progress as we strive to reach our \$8500 goal on the blue progress bar at the bottom of the school home page.

Upcoming Events

May 27: COPA Arts Night

May 28: United Faiths Liturgy

May 28-29: T'n'F: West OFSAA, Windsor

June 3-5: T'n'F: OFSAA, London

June 3-18: EQAO Gr. 9 Math Assessment

June 10: Grad breakfast and 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.

