St. Benedict C.S.S., 50 Saginaw Pkwy, Cambridge, ON N1R 5W1

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The Benny's Electronic
News Network newsletter is
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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 23, 2010

Note from Administration

It is with very mixed emotions that I inform you that I will not be returning to St. Benedict as principal in the fall. There has been much speculation about the shifting of administrative teams in our schools as we prepared to address the retirement of two of our secondary school principals, Wendy Price at Monsignor Doyle C.S.S. and Theresa Horan at St. Mary's. We will certainly be missing them, but certainly wish them well and thank them for their tremendous contribution to Catholic Education over the duration of their careers.

I would like to take this opportunity to welcome Dan Witt who will be assigned as Principal of St. Benedict. I have had the pleasure of working with Mr. Witt in school administration in the past and St. Benedict if fortunate to have him join our team. Mr. Witt is currently principal at Resurrection C.S.S. in Kitchener and former Program Head of Mathematics. Please join me in welcoming Mr. Witt to our administrative team which will continue to include vice principals Mrs. Leusink, Mr. Bellini, and Mrs. Beaucage.

I would like to thank all of you, parents, students, and staff for a very exciting and productive three years here at Bennies. In total, I have spent over nine years here as a teacher and administrator and it continues to be a vibrant reflection of our community in spirit and as a Celebration of People, all people, as our new board's vision identifies: "... heart of the community—success for each, a place for all".

Thank you for your commitment to Catholic education, and as always for your continued support of our students.

- Mr. J. McKinnon, Principal

P.S. please continue to pass the BENN on to friends and neighbours, although we reached our target of 500 subscribers, we have more good news to share to more of our community! Thanks!

Administrative

TEXTBOOK CHECK/COLLECTION

By Mr. L. BELLINI, VICE-PRINCIPAL

Dear Parents/Guardians,

On Wednesday, June 16, 2010 your child will be required to bring all of their school issued textbooks back to their teachers. On this day, the teachers will either collect the textbooks if

your child no longer require them for the course or will do a quick check to ensure the book is in good repair and that the number matches the book signed out at the beginning of the semester.

We are asking you for your assistance with this important task. Please remind your child to look for their textbooks and bring them to school on June 16th. Your child will be financially responsible for any lost or damaged textbook. Each year the school spends thousands of dollars replacing lost or damaged textbooks. It would be great if this year we kept this expenditure to zero!

Thank you in advance for your assistance.

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.

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

 $\frac{www.apprenticeshipsearch.com}{www.apprenticeshipsearch.com} \rightarrow A \text{ site with a lot of information about apprenticeships} \\ \frac{www.careersintrades.ca}{www.careersintrades.ca} \rightarrow Resources \text{ for students considering a career in the trades} \\ \frac{www.careercruising.com}{www.careercruising.com} \rightarrow An \text{ online career} \\ \frac{www.jobbank.gc.ca}{www.jobbank.gc.ca} \rightarrow Service Canada's job$



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 consequenced.

GIVING STUDENTS STUDY SUPPORT

By SHANE MACKENZIE

Students Offering Support (SOS) is a campaign that has slowly been working its way into the public consciousness at Bennies since the beginning of last year. It has been attended by Bennies students in small groups for all four semesters so far. They are a nationally registered charitable organization run by university students to tutor high school students prior to exams giving them a short and comprehensive review.

For a \$25 donation, or \$40 for two, you can participate in a 2-3 hour exam aid review session led by Wilfrid Laurier University students specializing in that subject area. They act as a relatable, young teacher and do a fantastic job addressing any issues that arise. These sessions cover the main content covered in class and provide you with a take home study package to help you prepare.

Funds go towards sustainable development projects in Latin America.

The sessions take place at Wilfrid Laurier from June 12-14 and June 18-27. There are plenty of sessions prior to exams that can help you prepare for your exams.

Sessions offered include:

Grade 9: Math, French, Geography, Science

Grade 10: Math, Science, History

Grade 11: U/M Math, U Sciences (Biology, Chemistry, Physics)

Grade 12: U/M Math (Calc, Func's, Data, U Sciences (Bio, Chem, Phys), Exercise Science

For more information and to register for a session please go to www.SOShighschool.com. You can even like it/join it on Facebook (Waterloo High School SOS: Students Offering Support) and receive updates or follow the campaign on Twitter (SOSHighSchool).

Join soon and help raise money, raise roofs, and raise your marks!



Liliana Pacheco has been teaching for four years. Fortunately for us, all of her experience has been with the St. Benedict school community, teaching French and Spanish.

Janet Cox has been teaching for 26 years, nearly all of her time spent at St. Benedict. Janet is a big influence on the Arts Community at our school. She is an



In addition to her scheduled classes, Liliana is actively involved in the United Cultures Club that welcomes and celebrates the various cultures and ethnicities at our school and promotes a "celebration of people". Liliana feels that she is very fortunate to work with and teach such talented and ambitious students here at Benny's and collaborate with extremely supportive colleagues who have made her first years of

teaching very positive.

She has also found it to be a rewarding experience organizing cultural excursions to Québec, witnessing students authentically immerse in the francophone culture. Merci, Liliana for the 'joie de vivre' you embrace in your classroom.



Marisa Rocha has been teaching for 13 years. In her 5 years at St. Benedict she has been busy teaching the ACE Program(Alternative Caring Education), Dance, Drama and Religion. A dedicated and spirited soul, Marisa is excited about the talents of the staff and students. They inspire her to express herself as a Catholic teacher and artist.

With the support of the staff and the inclusive atmosphere that is St. Benedict, Marisa, along with devoted students, is proud that the efforts of our social justice club (MAD Movement) will have raised enough money to build a school in Sierra Leone, Africa by the end of this school year!



integral part of the Drama Festival and various school productions and is adored by many for her unfailing support of students. During her

time at St. Benedict,

she has taught drama, hospitality, ACE, English, religion, cosmetology, and

This year Janet has directed the highly successful "Book of Esther" for our entry into the Sears Drama Festival. She has been instrumental in building a highly successful Arts program at St. Benedict for many years, having worked on many plays during that time both directorially and with makeup and costumes.

What drives Janet to spend the countless hours that large productions entail? In her own words: "I like the students and how they are honest and fun. They keep me young!" One thing that she laments the passing of, ever since Benny's has become a full high school, is the uniform kilt.

Academic

ENRICHING THE LIVES OF STUDENTS

By Mrs. D. WITTMANN

Einstein is quoted as having said that if he had one hour to save the world he would spend fiftyfive minutes defining the problem and only five minutes finding the solution.

This quote does illustrate an important point: before jumping right into solving a problem, we should step back and invest time and effort to improve our understanding of it.

WHAT IS THE MOST IMPORTANT STEP IN PROBLEM SOLVING?

Clearly defining the problem in the first place!

THE PROBLEM IS TO KNOW WHAT THE PROBLEM IS

What most of us don't realize—and what supposedly Einstein might have been alluding to—is that the quality of the solutions we come up with will be in direct proportion to the quality of the description of the problem we're trying to solve.

For more information:

http://litemind.com/problem-definition/

Cracking Creativity: The Secrets of Creative Genius (Paperback)

BENNY'S SCIENCE TEAM SUPER AT SCIENCE OLYMPICS

By Ms. K. Beaudry and Mr. A. Arkell

Congratulations to the Science Team for their outstanding performances last week at the Science Olympics at the University of Western Ontario. The hard work of our 46 student "athletes" paid off in their events. They competed against 700 other students from across Ontario and came home with 4 team medals.

Sarah Fournier, Emily Ward, Ajan Packiyanathan, Alex Danilya, Alicia Adamski, Trevor Knoop and Destiny Viera won bronze in the Circuitous Circuit grade 9 event.

Jason Charbonneau, Monika Pickering, Daniyal Abdali and Tara Chen won bronze in the senior ICUE math event.

Gabriel deSousa, Andrew Murphy, Andrew Kim and Evan Peng won bronze in the Dante's Peak event.

Jimmy Pemberton, Danny Ram, Kevin Stojanovski and Adrian Goberdhan took home the GOLD in the Rube Goldberg event, thanks in part to their stellar pyrotechnics portion of their structure.

The students represented St.Benedict's proudly and we look forward to improving even more next year. St. Benedict's will "own the podium"!



HALO SHOWCASES ST. BENEDICT STUDENT WRITERS, ARTISTS

By Mr. J. Curtis

Our new literary arts magazine, Halo, has been published just in time for your summer reading pleasure.

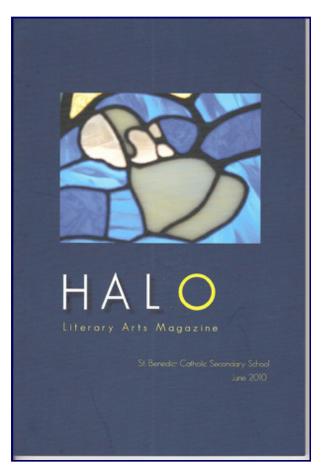
The glossy magazine features over 70 writers, poets, artists, and photographers from St. Benedict. Edited by English teacher Jenne Campbell and designed by art teacher Sandi Fernandes, the annual publication hopes to raise the profile of the thriving artistic community in the school.

"When we asked for submissions to the magazine, we were amazed at how many people already had finished work," says Miss Campbell. "Obviously our young writers have a strong desire to get published."

Among all the submissions, Miss Campbell selected poetry, essays, and short stories, even a couple in French. "We wanted a wide range of work, as well as a representation from every grade," explains Miss Campbell. "We were so impressed with the level of emotion and enthusiasm that you can read in every line."

The written work has been complemented by student artwork selected by art teachers Sandi Fernandes and Liz Melse, and photographs from the school's Photography Club selected by John Curtis.

The magazine can be purchased from any English teacher for \$8.00. Proceeds from the sale of the magazine will go towards future Language and Communications projects.



2ND ANNUAL MATH OLYMPICS

By Mr. M. Modolo

Congratulations to the group of 20 'mathletes' who participated in the WCDSB Math Olympics on May 26. The following students selected to represent St. Benedict at the event:

Grade 9: David Li Mitchell Hall Basil Ahmad Keith Tanner Julia Wittmann

Jasmine Cowen

Grade 10:Nathan Schmidt Jenna Jenkins Talal Abdali

Grade 11:Ara Cho Phoebe Ryu Hamada Nayfeh Danial Abdali Evan Peng

Grade 12: Jason Charbonneau David Russo Mark Sikora Abdo Nayfeh Adrian Goberdhan

Clubs & Athletics

TRACK AND FIELD 2010 END OF AN ERA

Tia Semplonius led the Saints for the last time this year on the track. Tia won double gold at the District 8 Championships in the senior girls 100 and 200 meter. Tia advanced through COWSSA in Kitchener by winning the 200 meter and finishing second in the 100 meter. At the OFSAA West Regional qualifier in Windsor, Tia captured a bronze medal in the 100 meter and finished 4th in the 200 meter to qualify to her fifth OFSAA championship in as many years. Tia capped off her season finishing 11th in both the senior girls 100 and 200 meter.

Tia has represented St. Benedict exceptionally well over the last 5 years on the track. Tia demonstrated commitment and perseverance recording 7 top ten finishes in Ontario including her double gold in the junior girls 100 and 200 meter. Her presence will be missed on the track.

Two other Saints qualified to the OFSAA West regional qualifiers in Windsor. Robyn Petrie and Nathan Cumber both had exceptional seasons for the Saints. Robyn, a rookie to Track and Field, was a triple qualifier out of District 8 winning the junior boys long jump and finishing second the junior boys 100 meter and high jump. Robyn qualified to the OFSAA West Regional by finishing

4th in the high jump and fifth in the long jump. Robyn's personal bests of 1.70 meters in high jump and 5.55 meters in long jump were also school records.

Nathan Cumber showed great potential after his first year in Track and Field at St. Benedict. Nathan was a double gold winner at District 8, winning the midget boys 400 and 800 meter. Nathan then qualified to the OFSAA West Regional by finishing 3rd in the 800 meter. Nathan posted a very fast 2:07.91 personal best in the 800 meter. This time along with his 56.29 in the midget boys 400 meter were also school records.

DISTRICT 8 TRACK AND FIELD CHAMPIONSHIPS MIDGET

Nathan Cumber: 1st 400 meter, 1st 800 meter

Alex MacDonald: 1st Javelin

Julia Wittmann: 1st 300 meter hurdles

JUNIOR

Robin Petrie: 1st Long Jump, 2nd High Jump, 2nd 100 meter

Peter Reynolds: 2nd 100 meter hudles

Stephen Williams, Shakur Tag El Din, Oti Donkor, Robin Pertie: 2nd 4 x 100 meter relay

Kim Pearl: 2nd 800 meter

SENIOR

Tia Semplonius: 1st 100 meter, 1st 200 meter Jellisa Westney: 1st 400 meter, 2nd 200 meter

Tia Semplonius, Rachel Grant, Tanika Haughton, Michaell Worrell-Rogers: 1st 4 x 100 meter relay

Sean DeLottinville: 2nd 800 meter

CWOSSA TRACK AND FIELD CHAMPIONSHIPS

MIDGET

Nathan Cumber: 3rd 800 meter

JUNIOR

Robyn Petrie: 4th High Jump, 5th Long Jump

SENIOR

Tia Semplonius: 1st 200 meter, 2nd 100 meter

OFSAA WEST REGIONAL TRACK AND FIELD CHAMPIONSHIPS

SENIOR

Tia Semplonius: 3rd 100 meter, 4th 200 meter

OFSAA TRACK AND FIELD CHAMPIONSHIPS SENIOR

Tia Semplonius: 11th 100 meter, 11th 200 meter

NEW ST. BENEDICT TRACK AND FIELD RECORDS

Alli McKinnon	1:08.38min e	2010	District 8, Kitchener
Lindsay Francescangeli	5:53.20min e	2010	District 8, Kitchener
Nathan Cumber	56.29s e	2010	CWOSSA, Kitchener
	Lindsay Francescangeli	Lindsay Francescangeli 5:53.20min e	Lindsay Francescangeli 5:53.20min e 2010

800m	Nathan Cumber	2:07.91min e	2010	CWOSSA, Kitchener	
High Jump	Robin Petrie	1.70m	2010	CWOSSA, Kitchener	
Long Jump	Robin Petrie	5.55m	2010	CWOSSA, Kitchener	
400m	Jellisa Westney	1:03.48min e	2010	District 8, Kitchener	

► Follow Track & Field events on our *ClassNet page*.

TRIATHLON

By Mr. C. Muscat

Congratulations to the members of the Triathlon team on the performance at the Elmira Secondary School Tinman Triathlon:

Peter Reynolds - 2nd Place Jr. Boys

Krystal McLean - 13th Jr. Girls

Andrew Worley - 17th Sr. Boys

Sean Delottinville - 24th Sr. Boys

Meaghan Mason - 18th Sr. Girls

Tara Chen - 19th Sr. Girls

Rebecca White - 21st Sr. Girls

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 A CHIEVEMENT
- œ COACHES' INDIVIDUAL EVALUATION
- AND FUNDAMENTALS TO TAKE HOME 519-621-4050 EXT 250
- INDIVIDUAL AND TEAM COMPETITIONS OR
- AWARDS AND PRIZES
- SPECIAL GUEST LECTURERS AND MUCH, MUCH MORE!

FORMORE INFORMATION OR APPLICATION BROCHURE CONTACT:

JOHN MALNERICH AT

PACKAGE OF AGE SPECIFIC DRILLS ST. BENEDICT CATHOLIC SECONDARY SCHOOL

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 boys records.

SENIOR BOYS

Event	Name	Time	Year	Event / Place
100m	Chris Vasile	11.18s e	2008	CWOSSA, Guelph
200m	Chris Vasile	22.83s e	2008	CWOSSA, Guelph
400m	Greg Ball	51.05s	2005	CWOSSA, Brantford
800m	Drew Jansen	2:05.1min	2007	District 8, Kitchener
1500m	Drew Jansen	4:00.93min e	2007	West OFSAA, LaSalle
3000m	Drew Jansen	9:23.0min	2007	CWOSSA, Kitchener
110mH	Troy Nickie	17.8s	2004	District 8, Kitchener
400mH	Chris Santos	1:02.67min	2004	CWOSSA, Brantford
High Jump	Jeff Lyons	1.80m	2005	CWOSSA, Brantford
Long Jump	Jeff Lyons	5.02m	2005	District 8, Kitchener
Triple Jump	Chris Robbins	10.57m	2008	District 8, Kitchener
Shot Put	Phil Francis	12.84m	2005	District 8, Kitchener
Discus	Phil Francis	31.42m	2005	District 8, Kitchener
Javelin	Nathan Loehle	55.91m	2008	OFSAA, Hamilton
Pole Vault	-	-	-	-

David Byrne, Greg Ball Alt: Amad Abdullah

BOYS' SOFTBALL

After a tough regular season the boys put everything together and won the B playoffs going undefeated this past Friday.

OUTERS CLUB

By Kirsten Leusink and Sarah Fournier

As grade nine students, we are pleased to say that we will be participating in the final canoe trip of the year, where we will be canoing down the Grand River. In the future years at Bennies, be sure to look out for any information about day or overnight trips. The outers clubs members are hoping to make it so that every month there is at least one amazing trip in the outdoors.

This club is a great opportunity to get to know the real you, meet new friends, and overcome fears. As a club, we are always looking for new members to join in, but don't get discouraged by the large numbers. Be sure to get your forms in on time, and you are likely to have a spot for the trip. The skills that you will receive in the Outers club will be able to be associated in your daily life. Skills such as first aid, communication, surviving off of little supplies to meet you basic needs and safety are just a few. You also get to experience something that is unexplainable. We look forward to continuing to experience new and exciting things!

DANCE SHOWCASE RAISES \$700 TO HELP BUILD A SCHOOOL IN SIERRA LEONE

By Mrs. M. Rocha

On June 1, a group of awesome dancers expressed their talent on the St. Benedict stage. The audience enjoyed watching hip hop, jazz, Irish, flamenco, lyrical and polka dance pieces.

A special thank you to the MAD Movement (the social justice club) for organizing concessions and providing bbq'ed hotdogs and refreshing drinks.

Overall, the night was a huge success and everyone had a great time! Most importantly, everyone involved helped to raise \$700 for our Sierra Leone School Build Project. Thanks again to all of the dancers, the MC, volunteers, stage and tech crew, and of course the audience. Together, we CAN and DID make a difference!

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.

Student Activities

WINDING UP FOR THE BIG SHUT DOWN....

By Emily Pachereva, SAC Member

As it's nearly the middle of June, things are starting to wrap up for the school year, and only 8 more days remain beofre exams begin!

To bring the year to a close, we have our annual Athletics and Arts banquets, and our final assembly still to look forward to. The Athletic Banquet will be this Thursday June 10 at 5:30pm in the cafeteria. We hope to see members from all of the sports teams throughout the year come out and join us! The Arts Banquet will be on Tuesday June 15 in the cafeteria at 7pm. Tickets are one sale for just \$10, and anyone is welcome! We especially encourage anyone who has been in plays, bands or in a visual arts class to come out!

On Friday June 18th, we will be having our closing assembly during period 5. There will be many entertaining acts, and once again, some of our very talented students will be performing. Lastly, we'd like to say a huge thank you to all of the SAC members this year, it's been a great one! Thanks for all of your hard work!

Upcoming Events

June 3-18: EQAO Gr. 9 Math Assessment

June 10: Summer school reg. due **June 10:** Grad breakfast and liturgy

June 10: Athletic banquet

June 11: Grad form and fees due

June 11: Arts banquet
June 17: Senior Arts night

June 17: Special Olympics @ Rez

June 18: Closing assembly

June 21-24: Final Eval days (attendance required)
June 25: Final Eval days (attendance as needed)

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 <u>email us</u> 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 <u>click here</u>. 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.

