

## TABLE OF CONTENTS

- [Administrative](#)
- [Academics](#)
- [Clubs & Athletics](#)
- [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 [Dan Witt](#).*

## BENN STAFF

[Mr. Anton Milardovic](#)  
[Mrs. Sophia Adach](#)  
[Mr. Leonard Bumbacco](#)  
[Mr. Kevin Fratarcangeli](#)

## NEXT ISSUE

September 22, 2010

## Note from Administration

On behalf of our administrative team—Glenda Leusink, Lou Bellini, Simone Beaucage and myself—I would like to welcome everyone back to a new school year! I personally would like to thank staff, students and parents who have made me feel so welcome. I have been so impressed with the strong sense of community and positive energy within the school.

The start of a new school year is always a busy and exciting time as students reconnect with old friends and build new relationships with staff and students. Tuesday our LINK crew did an outstanding job of leading our grade 9 students through a number of activities to help them meet new friends and get more comfortable with the school. Their energy and enthusiasm was incredible and a great reflection that St. Benedict's truly is A *Celebration of People!!*

– Mr. D. Witt, Principal

## ST. BENEDICT IN THE LOCAL MEDIA

CAMBRIDGE TIMES: [Bennies teacher gets school MAD](#)  
CAMBRIDGE TIMES: [Struck scholarship awards](#)  
CAMBRIDGE TIMES: [Striking chord with youth](#)  
THE RECORD: [Jacob Hespeler, St. Benedict students earn Struck scholarships](#)

## Administrative

### FROM THE DIRECTOR'S DESK

September 7, 2010

Dear Students, Parents/Guardians & Staff:

*In recent weeks people around the world have been united in sadness over the tragic and devastating floods in Pakistan. Millions of people remain in peril. As a large organization, we are affected in many ways. A number of our staff, students and members of the broader community are of Pakistani origin or have family members and friends who live in the affected areas and worry for their safety.*

*The people of Waterloo Region are known around the world for their compassion, caring and readiness to respond generously to appeals for assistance in times of emergency and disaster at home and around the world.*

*In that spirit – and the spirit of truly being the "heart of the community" we are joining with our friends at the Waterloo Region District School Board in a "Help for Pakistan - Because We Care" fundraising campaign.*

*During the third week of September Waterloo Region's Catholic schools will each be organizing fundraising efforts to support relief efforts in Pakistan. We are hopeful that the Canadian government will continue to match dollar for dollar all donations made through these fundraising efforts. Funds raised may be directed toward the Canadian Catholic Organization for Development & Peace, the Mennonite Central Committee or the Canadian Red Cross. These agencies have many years of experience in providing assistance, and more than 90% of funds donated go directly to relief efforts for short and long term recovery.*

*Parents, students and staff members who have not yet donated to the cause may consider donating through their respective schools by Friday, September 24, 2010. If you choose to donate, please make your cheque payable to 'Development & Peace', 'Mennonite Central Committee' or 'Canadian Red Cross' with the notation 'Pakistan Flood'. Tax receipts will be issued by these organizations for donations over \$10.00.*

*Our generous support of this relief effort will help ease the suffering of the survivors and their families in Pakistan, and help them to rebuild their lives.*

*Thank you so much for your generosity as we seek to assist our brothers and sisters in Pakistan.*

*Sincerely,*

*Roger Lawler  
Director of Education*

► If you would like to make a donation, please download and print out the donation form [here](#), and send your contribution to school with your son or daughter.

## **NEWS FROM THE GUIDANCE OFFICE**

**BY MRS. P. KLASSEN**

Welcome to All!

The Guidance Department of St. Benedict would like to extend a warm welcome to all students. Whether you are joining us at St. Benedict for the first time or you are returning to us after your summer vacation, we look forward to working with you throughout the upcoming school year.

Guidance case loads have been determined as follows:

Ms. Deanna Wehrle: A – C and V – Z, ext. 265

Mrs. Patricia Klassen: D – J and International Students, ext. 190

Mr. Sean Kritz: K – Persaud, ext. 512

Mrs. Katherine Menjolian: Petcu – U, ext. 240

## **COURSE CHANGE INFORMATION**

Students who wish to make changes to the courses that they have selected will have the opportunity to do so during the first two weeks of the school year. Please note that all changes must be approved by a parent and/or guardian prior to us meeting with a student. The guidance

department follows a procedure which allows us to deal with urgent and important requests first. Requests to make a course change should only occur if a student is requesting a level change, is missing a prerequisite course, does not have enough courses scheduled or is missing a course that is required for a specific university or college program. Students who wish to make changes other than those listed will be required to see their counsellor either before or after school. Parents, please encourage your sons and daughters to follow the procedure that we have in place for making course changes so that we can process requests as quickly as possible. Your help and support is most appreciated.

## **ATTENTION GRADE 12 STUDENTS**

Please stay tuned for important announcements regarding post-secondary planning. These announcements will come in a variety of forms – verbal PA announcements, written announcements on the Ranger system, occasional auto dialer messages and of course, regularly in the BENN. You are strongly encouraged to become part of our email distribution list as well – details on how to sign up will follow in the next issue of the BENN.

### **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 N: [Mr. Bellini](#)  
O to Z: [Mrs. Leusink](#)

As always, feel free to contact our principal, [Mr. Witt](#).



### **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](http://www.highskills.ca)  
Sign up in the GUIDANCE office.

## **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 consequence.

## **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.

## **Academic**

## **ENRICHING THE LIVES OF STUDENTS**

BY MRS. D. WITTMANN

Welcome back to another enriching year. I have added a new website to help keep both parents and students informed of opportunities available to the students of Saint Benedict. Go to **ClassNet** and look under the **Clubs and Teams** link. You will see **Enrichment Opportunities**.

<http://classnet.wcdsb.ca/sec/StB/clubs/EOWittmann/default.aspx>

Please visit the site often, as I will be posting information as soon as it becomes available. Many of the enrichment programs are time sensitive.

Also, a reminder of the bulletin board located on the second floor opposite the Ranger Room and Special Education. Entitled "High Achievers, Creative Thinkers, and Gifted Learners", the board is filled with interesting articles, enrichment opportunities, and miscellaneous items. Be sure to stop by and take a look. Posted is information on the **IDC4U Course: Interdisciplinary Studies for Autonomous Learners**.

## **MATH ENRICHMENT OPPORTUNITY**

**BY MR. M. MODOLO**

*The Waterloo Math Circles is a free weekly enrichment activity for grade 6 to 12 students organized by the Faculty of Mathematics of the University of Waterloo. The meetings are accessible to interested students from grades 9 to 12. Students are placed in groups based on their mathematical background and ability: a group of mostly grade 11 and 12 student and a group of mostly grade 9 and 10 students.*

Math Circles meets on Wednesday evenings, 6:30 to 8:30 p.m., from October to December and from February to April at the University of Waterloo.

The St. Benedict math department will be working to arrange volunteer drivers to bring students to and from the sessions. And providing optional after school follow-up for participating students.

Interested students or parents (including any parents interested in helping with driving duties) are invited to contact the math department head, Mr. Mark Modolo: [mark.modolo@wcdsb.ca](mailto:mark.modolo@wcdsb.ca).

## **SUPPORT FOR PARENTS OF GRADE 9 MATH STUDENTS**

**BY MR. M. MODOLO**

*Is your son or daughter currently taking grade 9 math?*

Are you unsure about how to help him or her with assigned homework?

Do you feel like you would like to be able to provide better homework support?

If so, you may be interested in taking part in our new Math Parent Support program. Please contact Mr. Mark Modolo to learn more about this opportunity: [mark.modolo@wcdsb.ca](mailto:mark.modolo@wcdsb.ca).

## **Clubs & Athletics**

### **SOMETHING FOR EVERYONE!**

### **TEAMS AND CLUBS GETTING READY TO START UP!**

*Here is just a partial list of what St. Benedict has to offer students. Students are encouraged to watch the Ranger system and listen to announcements for information about other teams and clubs.*

The **Senior Girls Basketball team** will look to build on a successful 2009 season in 2010. Any girls interested in playing basketball, we will begin try outs Wednesday September 8th immediately after school. If you are unable to attend please see Mr. Fratarcangeli.

Attention all Grade 9 and 10 girls! You are invited to try out for the **Junior Girls Basketball team!** Tryouts are being held Wednesday, September 8th (the first full day of school) through to Friday, September 10th. Be outside the gym in the hallway at 3:30 dressed and ready to play (remember to bring a water bottle)! Tryouts will go until approximately 5pm. Please see Mrs. Arkell or Ms Whalen if you have any questions. See you there!

**Field Hockey** tryouts begin on Monday September 13th at 2:45 in the back field. There will be an informational meeting Thursday September 9th at 2:45pm in the lecture hall. Field hockey is a great team sport and no experience is required. All skill levels are welcome to tryout. Please bring shin guards and a mouth guard to tryouts.

Coach Lowes and Coach Vale are excited about another season with the **Junior Boys Football Team.** After winning their respective divisions the last 2 years the team is looking forward to a challenging season in the "B" Division. All grade 9 & 10 boys are encouraged to tryout as the team looks to continue on it's winning ways. Tryouts begin Wednesday, September 8th immediately after school on the front field. Go Saints Go!

All senior players interested in trying out for the **Senior Boys Football** team are to report to the front field today for try-outs.

**Junior Boys Volleyball:** Tryouts for ALL boys in Grade 9 and 10 will begin on Thursday September 9th at 2:30pm in GYM 1. Please see Mr. Kritz in guidance if you have any questions.

**Senior Boy's Volleyball** meeting in the lecture hall Friday after school. First try-out is Monday in the gym.

Watch out for a **Tennis** meeting the second week of school. Practices will start on Mondays and Wednesdays beginning September 20 for the Senior Tennis team. Experienced grade 9 and 10 tennis players can also try out for the senior team. Any questions ask Mr. Jankura or Mrs. Crowell

The Saints' **Cross Country Team** is looking forward to another exciting year of fun, fitness and comraderie. Practices are held daily from 2:45 to 4:00 p.m. (4:30 at most). Runners are asked to meet in the phys ed hallway dressed to run. All are welcome! We are looking forward to a great season! Your Coaches: Mr. Wittmann, Ms. Booth, Ms. Stang

**Cross-country** running takes place EVERY DAY. Meet in the phys ed hallway after school, dressed to run. All are welcome!! Cross-country: No substitutions. No time-outs. No excuses.

Want to get in shape or stay fit? Come to the **Fitness Centre** after school, any evening Mon-Thurs. 2:30-3:30, to work out with your friends. Parent permission forms (on school websight) are required. All students and staff are welcome.

**Robotics Club:** Build and play with robots. Attend robotics events and competitions. See the ranger for first meeting. Everyone is welcome! Contact Ms. Booth in room 309 for more information.

**Environmental Club:** Interested in promoting recycling efforts within the community, keeping the school grounds litter free, talking about and acting on current environmental topics? This club might be the one for you! Every small action leads to big changes. Take charge of your future! See Mrs. McCaffery for more information.

## JOIN THE MAD MOVEMENT

**BY MRS. M. ROCHA**

The St. Benedict Social Justice Club (AKA MAD Movement, M=Make A D=Difference Movement) is excited to continue to work at making a difference in our local and global community. Last year, with the help of staff, students, and community members, we were able to raise enough money to build a school in Sierra Leone, Africa! This year we hope to volunteer for local charities in Cambridge and to continue to work with the Free the Children organization to take on an overseas initiative. We will also continue to paint inspiring quotes on the walls of St. Benedict. We welcome anyone who wants to use their talents to inspire and bring hope to others. Let's do this Bennie's!!!

---

***Last year ... we were able to raise enough money to build a school in Sierra Leone, Africa!***

---

## Other News

### **BREAKFAST CLUB 2010-2011**

**BY MR. N. CALHOUN**

*Unlike what the title suggests, this club has nothing to do with the 1985 classic "The Breakfast Club". The students are not being punished for incomplete work by attending an all day Sunday detention under the auspicious eye of a judgmental High School teacher; in fact it is quite the contrary. St. Benedict's Breakfast Club is about feeding our student.*

Launching a breakfast program to ensure young minds get the nutrition they need to fuel their brains for learning should be a fairly straightforward endeavour. Or so one would think.

When culinary teacher Neil Calhoun and educator Wilson Abreu decided to start a breakfast club at St. Benedict Catholic Secondary School in October of 2008, they were expecting at least a modest turnout. But apparently, just because you build a breakfast program doesn't mean they'll come.

Knowing how important a healthy breakfast is to stimulate and feed the mind, the duo hoped to provide an essential service for students who aren't getting the nutrients they need at home. They both know there's a definite need for the program at the high school despite students' uniformed appearances.

Equipped with funds from the region's Nutrition For Learning resource, the teachers started operating a breakfast program Monday and Friday mornings before 8:20 a.m. classes began, offering hot and cold cereals, bagels, toast, fruits and juices. The concept should have been a no-brainer as it has worked well at the region's elementary schools and even at Monsignor Doyle Catholic Secondary.

After a bit of research and determination Calhoun and Abreu decided to open up second semester five days a week, which included hot breakfast Fridays. Student council members got on board by helping to spread the word. Eventually, the students caught on, they realized that the program was intended to be beneficial for all students that were hungry; no stigma involved.

The 2009-2010 year brought an on average attendance of 80 students a week, a success in the sense of a positive program that offers benefits to students outside of just being brain fuel. Students come to talk to teachers be it for assistance or for friendly banter.

We are proud to be here for the 2010 - 2011 year. Breakfast Club will be open the second week of the school year.

Reference: Lisa Rutledge Published on Jan 10, 2008 (Cambridge Times)

### **NEWS FROM THE LIBRARY**

Do you love reading? Do you love books? Be a BIG BUDDY! Volunteer for the Reading Buddies program at Clemens Mill Library. You will be paired with a Grade 1 to 3 student to help them practice their reading skills. It's a great way for students to get volunteer community service hours. For

### **YEARBOOKS ARE HERE!**

The 2009-2010 yearbooks have arrived! Students can pick up their yearbooks in the atrium



more information contact Patricia Pilon, Teen Librarian at 519-740-6294 or drop in to Clemens Mill Library to fill out an application form.

during their lunch period on Wednesday, Thursday and Friday this week. You will need I.D. to pick up your book.

## Upcoming Events

**Sept 8:** Jr girl BBall tryouts begin; gym 3:30-5:00

**Sept 8:** Sr girl BBall tryouts begin; gym 2:30

**Sept 8:** Jr boys Fball tryouts; front field, 2:45

**Sept 8:** Sr boys Fball tryouts; front field, 2:45

**Sept 8:** Xcountry practices begin; phys ed hallway, after school

**Sept 8:** SAC Spirit Day

**Sept 9:** Field hockey mtg; Lecture hall, 2:45

**Sept 9:** Jr boys Vball tryouts begin; Gym 1, 2:30

**Sept 10:** Sr boys Vball meeting; lecture hall, 2:30

**Sept 13:** Sr boys Vball tryouts begin; gym, 2:30

**Sept 13:** Field Hockey tryouts begin; back field, 2:45

**Sept 15:** SAC Spirit Day

**Sept 20:** Tennis practices begin

**Sept 22:** SAC Spirit Day

**Sept 23:** Grade 9 Meet the Teacher night

**Sept 23:** Grade 9 Dance with LINK, 6:30-10:30

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.

