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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 [Dan Witt](#).

BENN STAFF

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[Mrs. Sophia Adach](#)
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NEXT ISSUE

October 6, 2010

SOME HIGHLIGHTS FROM TODAY'S NEWSLETTER....

No idling for more than one minute on some of the streets around St. Benedict—or any Cambridge school—or risk receiving a \$40 fine.

Municipal elections are coming up, are you on the voters' list? Find out how you can check.

St. Benedict community shows how much it cares as we gear up for several fundraisers for Pakistan.

Post secondary information coming fast and furious for grade 12s... make sure you're in the know!

University of Waterloo provides many enrichment and support options to high school students.

Shhh.... it's mental health—the Lutherwood Speaker Series is starting again, more information from our Social Worker

Plus sports, clubs, student activities, and more! Happy reading!

The BENN staff

Administrative

NO IDLING ZONE... KIDS BREATHE HERE!

A NEWS SPECIAL COURTESY OF THE CITY OF CAMBRIDGE

Cambridge has a new anti-idling by-law and commitment to enforce it at School and the City Hall No Idling Zones. Your school can engage students, parents, teachers, and the public on idling and emissions issues. An idling awareness project could be an environmental action initiative for your school EcoTeam and could be part of your curriculum or environmental stewardship portfolio requirements for EcoSchools Certification.

Children are particularly vulnerable to smog because their lungs are still developing, they spend more time outdoors being physically active, they breathe faster than adults and inhale more air per kilogram of body weight, and their breathing zone is lower than adults which exposes them to vehicle exhausts and heavier pollutants that concentrate at lower levels in the air. Idling is particularly an issue at schools - many parents idle their vehicles while waiting to pick up their children. This is compounded by the fact that due to commuting traffic, smog is already at its daily peak when parents are picking up their kids.

CAMBRIDGE ANTI-IDLING BY-LAW BACKGROUND

Beginning September 7th, 2010 Parking Enforcement Officers at the City of Cambridge will issue warning tickets related to the new Anti-Idling By-law. This public education period featuring warning tickets enables the City to spread the word about the by-law before the \$40 fines go into effect later this year.

Cambridge City Council approved the Anti-Idling By-law (164-09) in December 2009 which limits idling to one minute in the identified zones. The by-law only applies to School and the City Hall 'No Idling Zones' - not all areas of Cambridge. The 'School No Idling Zone' covers all Cambridge schools within the Public and Catholic school boards and includes the parking lots as well as the adjacent streets. The 'City Hall No Idling Zone' encompasses the buildings, adjacent streets, and parking lots associated with City Hall. To serve as a reminder 'No Idling Zone' signs have been installed at schools and City Hall.

The 'School No Idling Zone' covers all Cambridge schools within the Public and Catholic school boards and includes the parking lots as well as the adjacent streets.

The exemptions to the by-law include engaged emergency vehicles, work vehicles with specialized machinery dependent upon a running engine, and vehicles with wheelchair or mobility assisted devices and lifts. There are no exemptions for temperature or weather conditions.

Enforcement will focus on the 50 Cambridge School No Idling Zones particularly during drop-off and pick-up times where the best benefit can be achieved for the community. This approach is supported by a McMaster University study undertaken in 2008 around a Hamilton area school which confirmed Nitrogen Oxide (NOx) levels were highest in the morning and afternoon pick-up times resulting in the poorest air quality readings. The City's enforcement officers will also make visits to the City Hall No Idling Zone.

MUNICIPAL ELECTION 2010 MONDAY, OCTOBER 25, 2010

A NEWS SPECIAL COURTESY OF THE OFFICE OF THE DIRECTOR, WCDSB

Important voting information for Catholic ratepayers in Cambridge / North Dumfries*

Protect and preserve Catholic education ... Ensure you are registered to vote as a Catholic separate school supporter

- As a registered Catholic school supporter, you have the opportunity to elect trustees who will represent and address your interests and concerns at the school board level and at various levels of the government.
- Registering your Catholic school support ensures your school board's assessment roll is accurate. This is important because:

1. Your school board's assessment base is a public record of the breadth of support for Catholic schools;
2. It helps track demographic trends for educational planning purposes;
3. It guarantees your right to enroll your children in Catholic schools.

How to check if you are registered:

- Call the Municipal Clerk's Office at 519.740.4680 or email clerks@cambridge.ca to inquire how to check the local list of electors.

If your name is not on the list of electors or if the information is incorrect (e.g., name, address or school support data missing or incorrect) you should:

- Go to the Clerk's Office at Cambridge City Hall and fill out an application to be added to the list or to correct information. Proof of identification may be required. Please call ahead to 519.740.4680 or email clerks@cambridge.ca to determine what documentation you may need.

At the Polling Station:

- Verify that you are registered as a separate school supporter. If your support status is incorrect ask for an "Application to Amend Voters List" form. This form may be completed and submitted at the polling station.
- Ensure the ballot you are given is a separate school ballot.

Voting for Catholic School Board Representation:

- Catholic ratepayers must declare themselves to be Catholic and separate school electors in order to cast a vote in the election of separate school trustees in municipal elections.

* Note: The Catholic school trustee candidates in the Kitchener / Wilmot and Waterloo / Woolwich / Wellesley electoral districts have been acclaimed and elections for Catholic school trustee in those areas are not necessary.

NEWS FROM THE CHAPLAIN

BY MR. B. REMPEL

SOLIDARITY WITH THE PEOPLE OF PAKISTAN

The people of Pakistan are experiencing severe flooding, the worst in 80 years. So far 14 million people have been affected (That's 42% of the population of Canada). 1,600 people have died to date. The waters are still rising and continue to wash away homes, bridges, schools, water systems, medical facilities and more. There is a desperate long term need for food, water, shelter, hygiene, medical camps and the re-building of infrastructure. As is often the case in disaster crises, there is also an alarming need to protect the vulnerable, women and children.

Our school mission collections on Thursday, September 23 and Thursday, September 30 will go toward flood relief. We thank all for their ongoing generosity. And this Friday, September 24, students and staff can wear jeans for a donation of \$2. Uniform tops are still required.

OPENING SCHOOL MASS

Our school community will celebrate our opening mass on Tuesday, September 28 at 9:30. Father Freitas from St. Mary of the Visitation Parish will be the celebrant. The theme for the Mass is "Celebrating the Spirit". Many students are involved in a variety of roles in the Mass. The schedule for the day is adjusted slightly to accommodate the mass and all students are expected to attend the mass.

NEWS FROM THE GUIDANCE OFFICE

BY MRS. P. KLASSEN

COURSE CHANGES

The Guidance Department would like to thank the parents, students and staff of St. Benedict for their patience and understanding during the first 2 weeks of the school year. Guidance is always a busy place, however the first 2 weeks are always "extra" busy as we register students new to our school and work at making many course changes in a timely manner. We are pleased to report that the vast majority of our students respected and followed the procedure that we have in place which helped us get students placed quickly and appropriately. Course changes for first semester have now ended.

GRADE 12'S AND POST SECONDARY OPTIONS

The process of meeting with Grade 12 students to help them review and plan their post-secondary options has started. Meetings for all grade 12 students who are considering applying to either college or university will be held next week on Monday, September 27 and Tuesday, September 28. The meetings will take place in the Lecture Hall and we ask that students attend one of the meetings during their scheduled lunch period.

Many guests from Ontario universities and colleges will be visiting our school in the next 3 months, and students with an interest in attending one of these presentations are encouraged to sign up in the guidance office for these presentations. Parents and students are also invited to attend the University Information Program which is being hosted by Galt Collegiate on October 26 from 7:00 - 9:00 PM. Conestoga College is hosting the College Information Program on their campus Monday, October 25 from 5:30 - 7:00 PM and Tuesday, October 26 from 9:00 - 11:30 AM. Both of these events will allow students and parents to obtain information that is needed to help them make this important decision. If you have a son or daughter in grade 12, please encourage them to sign up to become part of our email distribution list which will send out updates and reminders about visits, scholarships and deadlines.

UP-COMING UNIVERSITY AND COLLEGE VISITS (TO OCTOBER 8):

September 30: Carleton University - 8:30 AM

September 30: University of Toronto (All Campuses) - 1:15 PM

October 4: Ryerson University - 1:30 PM

October 5: Seneca College - 8:30 AM

October 5: York University - 12:15 PM

October 6: University of Guelph - 8:30 AM

October 7: Niagara College - 8:30 AM

October 8: **Atlantic Universities Tour - 11:30 AM - 12:30 PM

**St. Benedict will be hosting representatives from universities and colleges from Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland. This will take place in one of our gymnasiums. Parents are welcome to attend.

Also, on the evening of Parent/Teacher/Student Conferences (October 21, 2010), the Guidance Department will present information to parents regarding the process for applying to post-secondary institutions. More details will follow in the next edition of the BENN.

ST. BENEDICT WELCOMES INTERNATIONAL STUDENTS

We have been lucky enough to welcome several International Students to our school community this year. Currently we have students studying with us from Spain, Germany, Korea, Vietnam, Sri Lank and Tanzania. Some of these students are with us on a short term exchange program, while others plan to study with us and obtain their Ontario Secondary School Diploma. All of them bring something special to our community and we look forward to learning more about them and the countries and cultures that they come from.

WE ARE HERE TO HELP YOU!

Student case loads are determined by alphabet as follows:

Ms. Deanna Wehrle A - C and V - Z ext. 503

Mrs. Pat Klassen D - J ext. 190

Mr. Sean Kritz K - Persaud ext. 512

Mrs. Katherine Menjolian Petcu - U ext. 240

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
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

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.

BENNY'S STAFF BIOS



Dave Jaeger is the Student Success Program Head here at St. Benedict C.S.S. He has been part of the teaching profession for 13 years and been with us here at St. Benedict for the past 10 of those years. Mr. Jaeger has focused his energies towards improving literacy and numeracy throughout our school community. He has

played a leadership role in improving the success of the student body through the development of various programs such as homework club, literacy/numeracy test preparation and one-on-one multi subject tutoring. He offers constant, continued and caring support.



Jenne Campbell has been with us here at St. Benedicts for the past 2 1/2 years as a member of the English department. Ms. Campbell is involved in Breakfast Club, Homework club, Literacy

Magazine editor as well as coaching the Midget Girl's Volleyball this winter, hopefully to a championship!

What she likes most about St. Benedict is the energy of the staff and students and their combined commitment with the variety of

Mr. Jaeger is also an avid hockey player/coach; he has coached many championship teams in both girls and junior boys' hockey. What he likes most about St. Benedict is the obvious sense of community offered by the devoted staff and their commitment to serve others. "They are easy to work with in their commitment to student success. As a former student, it is a privilege to teach at my former school.

activities that are constantly being offered. There is always a chance to get involved; there is a large selection for everyone. "I am happy to be back at St. Benedict's and excited for the upcoming year!"

Academic

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

ENRICHMENT OPPORTUNITY: WATERLOO UNLIMITED

For students who thrive on academic challenge, are curious about an array of subjects and are looking to explore university life, they may be candidates for a unique enrichment experience for high school students of exceptional potential.

WWW.UNLIMITED.UWATERLOO.CA

Waterloo Unlimited is pleased to announce the following grade 10, 11, and 12 trans-disciplinary programs for the 2010/2011 school year:

GRADE 12 PROGRAM

Roadmap to Research

November 18-20, 2010

Application deadline: Postmarked by October 13th, 2010

Expect an immersive, pre-university experience including an introduction to the art and science of reading academic papers, an opportunity to explore cutting-edge discoveries with professors, and the chance to engage with current student researchers.

GRADE 11 PROGRAM

Design Theme

March 14-18, 2011 (may correspond with March Break at some schools)

Application deadline: Postmarked by December 15th, 2010

From engineering and the environment to science fiction and virtual reality, students will spend a week exploring the theme of Design with a community of like-minded peers.

GRADE 10 PROGRAM

Vision Theme

May 15-19, 2011

Application deadline: Postmarked by March 4th, 2011

Students will consider the perspectives of scientists, engineers, writers, philosophers, and others as they examine the theme of Vision. From eyesight to imagination and fine art to flight, we're excited about giving you the opportunity to see Vision in a whole new light.

AFTER SCHOOL MATH SUPPORT

BY MR. M. MODOLO

Students who are concerned about falling behind in their math courses are encouraged to take advantage of our after school math support program that runs in room 309 each day after school. Math teachers will be available to help students understand concepts better and complete daily

homework.

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.

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?

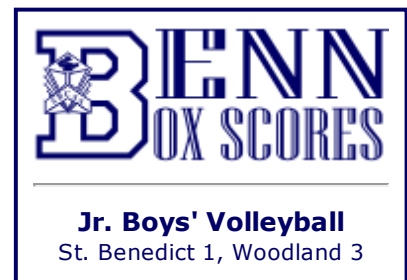
If so, you may be interested in taking part in our new Math Parent Support program. Please contact Mr. Mark Modolo to learn more about this opportunity: mark.modolo@wcdsb.ca.

Clubs & Athletics

JUNIOR BOYS FOOTBALL TEAM OFF TO STRONG START

By Mr. J. Vale

The Junior Boys Football Team kicked off their season in style last Friday as they participated in the Jacob Hespeler Football Jamboree. The team scrimmaged against 5 other teams and finished with a record of 4-0-1. Dequan French-Gray and Kyle Cole led the ground attack while Ryan McCann and Brad Vince led the passing offence. Defensively, the Saints were led by Drew Walden and Mark Ehrenfellner. The boys begin their regular season this Thursday evening at Rogers Field against Huron Heights.



CROSS COUNTRY: PRESTON FUN RUN RESULTS

By Mr. F. Wittmann

Beginner Girls FIRST!!! Allie Amaral, Nicole Simard, Alley Houston, Ciena Gomes, Leila Forrester, Sarah Larkin, Karina Marques.

Other Notable Performances: Julia Wittmann 6th, Lindsay Francescangeli 18th, Kimberley Pearl 19th, Alexander MacDonald 16th, Nathan Cumber 19th, Peter Reynolds 20th.

Good luck this Friday!!

SYMPHONIC BAND

BY MISS PARKINSON

Get ready for another year of Band. All students are welcome to come out and join our talented group of musicians every Wednesday from 2:30pm - 4pm. Even if you don't play an instrument but want to learn we can teach you :) Symphonic Band has many performance opportunities lined up for the year. Please contact Miss. Parkinson for more information.

DO YOU WANT TO MAKE HISTORY?

The Yearbook Club will be meeting this Thursday in Room 216 right after school. If you want to help make memories that will last a lifetime, come join us.

Student Activities

BY BEN TABOREK, SAC MEMBER

A huge greeting to everyone from your new members of the Student Activities Council (or more commonly known as SAC). We have a great group this year with 23 members, and we are looking forward to an awesome year! We're kicking off with the opening assembly on October 1st, and if you are interested in having an act in the show, auditions will be the 23rd and 24th of September after school in the music room. We also have a Coffee House coming up on October 7, and the auditions for that will be combined with the assembly auditions on September 23rd and 24th. Our spirit team is getting ready for the year so get ready for some great activities and spiritwear days! Also a reminder that Josten class rings will be on sale on September 21, 22, and 30, starting at \$99. Hope you all have a great year!

Other News

SCHOOL SOCIAL WORK SERVICES

BY MS. S. AYERST, MSW, RSW

My name is Sandra Ayerst and I am your school social worker. I am very excited to be working with the St Benedict School Community. Sometimes a student's learning is affected by many different social and emotional issues. These may include substance ab/use, difficulty coping with loss, depression, parent-teen conflict, peer difficulties, and/or parent separation (to name a few). Working together we can identify your concerns and the local resources that can help address specific issues. If you would like more information about social work services and how we can help, please contact your guidance counsellor.

Upcoming Events:

SHH... It's Mental Health - A Lutherwood Speakers Series
7-8:30 pm at Luther Village on the Park

October 7, 2010 - Managing Anxiety in Your Teen

October 14 2010 - Helping Teens Transition into Adults

October 21 2010 - ADHD

October 28 2010 - Navigating the System When a Teen Has Suicidal Thoughts

For more information contact Lutherwood at (519) 884-1470

Upcoming Events

September 22: SAC Spirit Day
September 22: SrG Bask vs St. David's
September 22: JrB VB @ SDCSS
September 23: Grade 9 Meet the Teacher night
September 23: Grade 9 Dance with LINK, 6:30-10:30
September 23: JrB Ftbl @ Huron Heights, Bill Struck Field, 5:00pm
September 24: \$2 Jeans day for Pakistan Relief
September 24: XC: University of Waterloo Race
September 27: SrG Bask @ Rockway
September 27: JrB VB vs RMC
September 28: Opening Liturgy
September 29: SAC Spirit Day
September 29: JrB VB vs PRDG

September 30: School Council, 7:00pm
October 1: Opening assembly
October 1: XC: Shades Mill Race
October 4: Photo Retake Day
October 4: SrG Bask @ Monsignor Doyle
October 4: JrB VB vs MDCSS
October 6: SrG Bask vs Resurrection
October 6: JrB VB @ RCSS
October 7: Coffee House
October 7: JrB Ftbl vs Preston, St. Benedict, 5:00pm

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.

