

TABLE OF CONTENTS

- [Administrative](#)
- [Academics](#)
- [Clubs & Athletics](#)
- [Student Activities](#)
- [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](#)
[Miss Anna Gallipeau](#)

NEXT ISSUE

December 1, 2010

Note from Administration

OCTOBER – A CELEBRATION OF OUR STUDENTS

The month of October was a wonderful celebration of our students. It began with our opening assembly October 1st which highlighted the many opportunities for students to get involved in our community. The evening of October 7 our facility was buzzing with a positive energy displaying the diverse talents of our community. On our sports field, we hosted night football games and celebrated a friendly rivalry against the Preston Panthers. At the same time, a coffee house in our cafeteria showcased the diverse talents of our students in the area of performing arts. Students and parents alike were treated to great entertainment and talent both on the field and in the cafeteria. It was such a positive reflection of the vibrant nature of our community.

On October 14 we celebrated the Academic Excellence of our students with our Academic awards night. The evening was well attended and the hardwork and dedication of our students in the classroom was appropriately recognized.

The culmination of the month was a celebration of our Graduates on October 29. The tireless efforts of our graduation committee and staff as well as the overwhelming support of community sponsors made for a very special evening. The school was beautifully decorated and once again opened its arms to family and friends to celebrate as they have so many times over the past four years here at St. Benedict. It was a memorable evening for all that attended and a most fitting close to a month of celebrating our students.

God Bless!

– Mr. D. Witt, Principal

Administrative

NEWS FROM THE CHAPLAIN

BY MR. B. REMPEL

As you read this, students Lauren Hummel, Allie McKinnon, and teacher Nick Betik are in the Dominican Republic. They are there November 13 to 20 on a Board-sponsored justice experience. The purpose of the trip is as follows: "The poor and the marginalized, by virtue of their history and lived experience have come to the conclusion that the rest of the world does not care about them. Rather than receiving donations of used clothing or school supplies from the visiting groups, what the poor and marginalized value most is to

know finally that people do care. They see the care and concern in the eyes of the visitors; they hear it in their questions and in their reactions of abhorrence to the living conditions witnessed and the lack of justice seen so clearly for perhaps the first time in their lives".

The hope is that when participants return home, they will continue to educate themselves on the issues related to poverty and injustice and will begin to work for systemic change rather than working for and supporting charity alone.

Bullying Awareness and Prevention Week is November 15 to 19 and is an important way to focus the school community on promoting a safer learning environment for all students, which is essential to their success. It is also a valuable opportunity to raise awareness of bullying-related issues with students and parents. At St. Benedict we will bring awareness to this issue through daily prayer, announcements and special events. On Tuesday, November 16 and Wednesday, November 17 students are encouraged to wear a blue shirt with their uniform bottoms to support Bullying prevention.

November 19 is the 24-hour Vow of Silence Day in our school. The vow begins at the final bell on Thursday, November 18 and runs until the final bell on Friday, November 19. The purpose of the vow is to stand with those who have no voice. People who have no voice may be able to speak and communicate in other ways, but they are unable to change their circumstances because no one listens to them. Because nobody listens to them, they are denied the basic human rights you and I take for granted. They are denied basic health care that keeps them healthy and alive. They don't have access to education. Their employers refuse to pay a living wage. They don't have access to clean water and a safe place to live. By vowing to be silent for 24 hours, we stand with the voiceless.

The Christmas season marks the 21st year we are collaborating with the Cambridge firefighters to provide Christmas baskets to families in Cambridge who are struggling financially. Homeroom classes, groups of classes, and families are encouraged to sponsor a family. Talk about the possibility as a class or family. Let the chaplain, Bob Rempel, know that you will sponsor a family (cost is \$100 ish), and start collecting money. I will get the family information to you as soon as I receive it. We will present the Christmas baskets to the firefighters on December 10 at our Faith Assembly.



St. Benedict is turning 50!

VISIT

[HTTP://STBENEDICT.WCDSB.CA/50/](http://stbenedict.wcdsb.ca/50/)

**TO STAY INFORMED ABOUT THE
50TH BIRTHDAY FESTIVITIES!**

BULLYING AWARENESS WEEK

BY MR. B. REMPEL

Bullying Awareness and Prevention Week is November 15 to 19. All week we will be sharing information around Bullying. What it is, statistics around bullying and how to prevent it.

DID YOU KNOW?

Bullying is characterized by acts of intentional harm, repeated over-time, in a relationship where an imbalance of power exists. It includes physical actions (punching, kicking, biting), verbal actions (threats, name calling, insults, racial or sexual comments), and social exclusion¹

(spreading rumours, ignoring, gossiping, excluding). Boys tend to be more likely to bully and be bullied, usually in the form of a physical attack and exhibition of aggressive behaviour. Alternatively, girls appear to be more prone to indirect bullying in the form of social isolation, slandering and the spreading of rumours.

In Canada, studies suggest that roughly 6% of students aged 12 to 19, report bullying others on a weekly basis, 8% report that they are victims of bullying weekly, and 1% report that they are both victimized and bully others on a weekly basis.

... roughly 6% of students aged 12 to 19 report bullying others on a weekly basis, 8% ... are victims of bullying weekly

Bullying surveys also indicate that many more boys than girls report being victims of bullying and almost all boys named male peers as the primary bully. A recent self report survey on delinquency among Toronto youth indicates that 16% of youths in grades 7 to 9 had been bullied on more than 12 occasions during the year prior to the survey.

BULLYING PREVENTION

- Pope John Paul II said, "To work for peace is the concern of all individuals and of all people. And because everyone is endowed with a heart and with reason and has been made in the image of God, he or she is capable of the effort of truth and sincerity which strengthens peace."
- If you are being bullied at St. Benedict, always tell an adult. It's hard to talk about serious things with adults sometimes, but they can help put a stop to bullying. Tell an adult that you trust and can talk to - your parents, your teacher, your guidance counsellor, your coach.
- If you are being bullied online, don't reply. This may actually make the bullying worse. Instead, be sure to tell a family member or another adult you trust. If possible, block any more communications from this person. Save evidence of the bullying. If you get a nasty e-mail, print it out or save it so that you can show it to an adult.
- If you are a witness to bullying, support the person, speak up and report it to an adult. Many people who are being bullied are afraid to tell. Have the courage to make a difference and prevent bullying.
- If your child is being bullied at school, listen to them, talk to them and call the school. You can call the guidance department or administration if you have a concern.

NEXT STEPS

As a school community we continue to work to prevent bullying. Grade 9 students transition into high school through LINK. Teachers volunteer to engage our student body in various programs in arts, sports, and other special interests.

Community Justice Initiative and our guidance department work with students through our mediation programs. This year we are addressing the barriers between people in our building by participating for the first time in Challenge Day.

Every school in the Waterloo Catholic District School Board is committed to prevent bullying. St. Benedict is inviting students to join our Safe Schools Committee. This is your opportunity to make a difference, pick up an application package if you have not done so yet in the office. Help be part of the solution—help prevent bullying.

NEWS FROM THE GUIDANCE OFFICE

BY MRS. P. KLASSEN

GRADUATION – A CELEBRATION OF PEOPLE

On Friday, October 29 St. Benedict welcomed back 280 graduates from the class of 2010 for the 24th Graduation Ceremony. Our gymnasium was alive with enthusiastic cheering and standing

ovations typically reserved for our sports teams as proud parents, siblings and grandparents joined us to celebrate this important milestone. In addition to being presented with their diplomas, many graduates were also recognized for the outstanding contributions that they have made to our school and our community.

Highlights of the evening included musical interludes which were performed by Jackson Rodrigues, Ly Nguyen and Chelsea Lahey—all members of the graduating class. Rebecca White was chosen by her class as Valedictorian and her address was a tribute to all that we can do as individuals to make a difference in this world. Graduation 2010 will long be remembered as not only a celebration of academic excellence and community involvement, but also as a "Celebration of People."

POST-SECONDARY INFORMATION UPDATE

College and University visits will draw to a close this month. Up-coming visits include the following:

November 17: University of Ottawa – 1:15 PM

November 19: Lambton College – 11:00 AM

November 22: University of Ontario – 8:30 AM

November 23: Brock University – 10:00 AM

Redeemer University College

November 26: Laurentian University – 8:30 AM

POST-SECONDARY TIMELINE

1. Grade 12 students should still continue to do specific institution research at the E-info site (www.electronicinfo.com) for university and www.ontariocolleges.ca site.
2. On-line application tutorials will also help students gather the information that will be needed for the eventual application process.
3. Now is also a great time to arrange for a campus visit or tour at institutions that are of interest. Most colleges and universities typically host these events in the fall, as well as in the spring. Check the guidance bulletin board as well as your email distribution list updates for more information about specific school open house dates.
4. OUAC PIN numbers are now available in the Guidance Office for pick-up. PIN numbers are needed for university application. College application requires students to use their OEN numbers (found on all report cards) to set up their college application accounts.
5. Try to complete you application prior to leaving for the Christmas break as both the OUAC and OCAS systems tend to become overloaded as the deadline for applications approaches.
6. Review your semester two timetable to make sure that you have all of the necessary pre-requisite courses.
7. Complete your Community Service Hours!!
8. Be prepared to wait for confirmation of acceptance from schools. Each institution has its own timeline. Try not to let anxiety about acceptance interfere with your progress at school.

USED UNIFORMS

Students who are interested in expanding their school wardrobe should be aware that the school has a good supply of clean, quality used uniform pieces available. Anyone who is interested in obtaining uniform clothing should contact their guidance counsellor. Uniform pieces available include pants, golf shirts and a wide variety of sweaters, vests and jackets that will be useful as the colder weather approaches. There is no set fee for clothing, however donations would be welcome.

WHAT'S IT ALL ABOUT?

Attention secondary students and parents: you are invited to attend an evening information session to find out about all the exciting Grade 11 and 12 pathway programs that exist in the Waterloo Catholic DSB. Plan now to attend What's It all About? The timing of this event is perfect as it will occur prior to the course selection process for the next school year.

- Cooperative Education work placements in the community – all pathways!
- Specialized programs offered on-site at our local universities and college campuses!
- Ontario Youth Apprenticeship Program (OYAP) for trade related pathways!
- Specialist High Skills Major – industry certifications & reach ahead activities!
- Community Home Build Program – build a house from the foundation up!
- Community Learning – special education work placements & community resources!

Cambridge students/parents
Thursday, January 13, 2011
St. Benedict C.S.S.
50 Saginaw Parkway
Cambridge

For more information see <http://coop.wcdsb.ca> and <http://www.highskills.ca>.

COMMUNITY SERVICE HOURS

In addition to fulfilling a requirement that is necessary for high school graduation, volunteering is an excellent way to develop skills and abilities, as well as a chance to give back to the community. Volunteer opportunities for students are updated and posted regularly on both the Ranger system and the Guidance bulletin board. The up-coming Christmas season brings special opportunities for helping in our community. Why wait until your Grade 12 year to find out how fun and fulfilling volunteering can be? Check out these great opportunities now!

WE ARE ONLY A PHONE CALL AWAY

Ms. Deanna Wehrle: A –C and V-Z, ext. 265
Mrs. Pat Klassen: D – J, ext. 190
Mr. Sean Kritz: K – Pe, ext. 512
Mrs. Kathy Menjolian: Pf – 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.

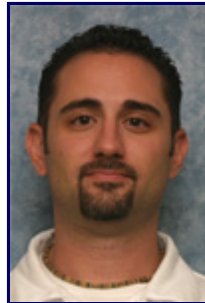
BENNY'S STAFF BIOS



Mark Modolo has been teaching at St. Benedict for the past 5 years. He is the math program head who is unselfishly committed to having students develop their math skills and to have them notice the relevance of the subject matter in everyday life.

Over the years he has coached basketball, volleyball and moderated the debating club. This year he is helping to run the Math Club and is coaching the Sr. Girls Volleyball team.

What he likes most about St. Benedict is that "our school is a vibrant community comprising of students and teachers with a wide variety of skills, interests and abilities".



Jeff Bailey has been teaching since 2002. He spent his first year at Monsignor Doyle before moving to St. Benedict. He is the science program head who is currently teaching both grade 9 and 11 science. His main expertise is in Biology. Over the years he has

coached Junior and Senior Boy's soccer.

What he likes most about St. Benedict is its sense of community and outstanding staff. It's easy to get along with everyone. Mr. Bailey feels that everyone should join at least one of our clubs and/or teams this year; it will be one of the best ways you can spend your time at school.

Academic

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

OUR THIRD ANNUAL "EGGHEAD ACTIVITY"

INTERDISCIPLINARY COURSE FOR AUTONOMOUS LEARNERS, IDC4U

As part of the Grade 12U Interdisciplinary Course, the students complete a Unit of Study on "The Brain". One of the activities in this unit involves creating an egg "helmet". The students designed a protective covering strong enough to keep an egg from breaking. It had to be durable enough to withstand a three-story drop from high above the atrium to the floor below. Did the eggs survive the fall?

To our great pride and pleasure, the protective gear did prevent egg trauma for 8 of 16 eggs.

Congratulations to Megan Kelly, Lauren Hummel, Ryan Dow, Streisanne Suter, Nancy Johal, Steffanie Roman, Melissa Reyes, and Rebecca Turner for successfully launching their eggs over the railing to land unbroken on impact. Wow!

GRADE 10 ENGLISH RELIGIOUS RETREATS

BY MISS A. GALLIPEAU

This school year the English department and our chaplain decided that as a community we truly live our faith and as a result, the retreat should be shared with all disciplines.

The retreat took place at Hidden Acres. It is a lovely Christian camp surrounded with forest and farms. Each class gathered to celebrate our faith on separate days, some days the weather was sunny, some rainy; rain or shine the students had fun.

The challenge for students began in the morning with the group building activities and ethical discussions. The discussions ranged from texting keeps us from enjoying the moment, to current news topics and the view of Catholic's in these situations. The students sat on big couches in a room where the view featured the lake and a park. A highlight for the students was participating in spiritual meditation. The students appreciated spending a few moments in

stillness, open to the moving of the Divine Spirit.

After the discussion and team building activities, the students took part in appreciation for our earth and God's creation with a walk. While walking, the students learned that treating one another like ourselves includes God's creation. The walk was a wonderful way to decompress after the discussion and an opportunity to reflect with one another.

Our students continued to build the day with making sub sandwiches and sharing the time breaking bread together.

The day ended with students sharing the positive characteristics they had noticed in each other.

HALO: LITERACY MAGAZINE

BY MISS A. GALLIPEAU

Ms. Campbell has been teaching English at St. Benedict for two years. In her first year at St. Benedict she started a new tradition: Halo. Last year's edition was a big success with copies still available if you missed out.

This school generated magazine publishes in the spring. Halo features approximately 70 students' pieces. The pieces range from art, photography, all forms of writing (poetry, short stories, even song lyrics).

The purpose of the magazine is to promote literacy and encourage young talent to have their work published in a manner presentable for portfolio building.

Start submitting your pieces to Ms. Campbell. The deadline for this year's edition is **March 1st, 2011.**

NEWS FROM THE MUSIC DEPARTMENT

BY MRS. J. HARRIS

Congratulations to Benny's music students Silvana Eusse, Kleyton Farias, and Larissa Musy who recently participated in the DESIGN A CONCERT program sponsored by the Kitchener-Waterloo Symphony Orchestra. This program gave these young musicians an opportunity to work side-by-side with KWS staff to produce a concert. These students gained hands-on experience in the artistic, marketing, development and production aspects of an orchestra.

KWS staff worked with these students as they worked from the planning stages through to the final concert called "The Best of Five Centuries", held at the Conrad Center for the Performing Arts on November 12th. St. Benedict's thanks these music students for their professionalism and their commitment to this project. Your contribution helped to make this concert a great experience for all!



SENIOR BOYS BASKETBALL

The Senior Boys Basketball team kicks-off their season this week with a series of exhibition games. The Saints battle Our Lady of Lourdes from Guelph here on Thursday at 4:30pm and then Preston High at 3:30pm on Friday. They play a second game on Friday night at 8pm against the visiting Guelph St. James Lions. See you at the games!

ST. BENEDICT SWIM TEAM

The St. Benedict Swim team has started their 2010-2011 season. The team of 25 students practices Tuesdays and Thursdays after school. They will be competing in their first competition on Wednesday November 24th at Wilfred Laurier pool in Waterloo. We wish swimmers the best of luck in their upcoming competitions!

MIDGET BOYS BASKETBALL

Attention all grade 9 boys! Midget Basketball tryouts in the gym this afternoon from from 4:15 to 6:00 p.m.

JUNIOR GIRLS BASKETBALL DISTRICT 8 CHAMPS

By Mrs. K. ARKELL

The Junior Girls Basketball team won the District 8 championship Friday night for the first time since 1996! The win capped off a perfect season of 12 wins and 0 losses.

The girls defeated St. David's in the semi-finals and had a hard fought battle against Resurrection in the finals winning by a score of 38-35.

The girls now advance to the 'AAAA' CWOSSA tournament this weekend in Brantford where they will take on the best teams in our area of Ontario. Coaches Arkell and Whalen are super proud of how hard the team has worked this season and their accomplishments. Their dedication and teamwork have paid off. Good luck this weekend!

Junior Girl Basketball team: Reanna Butler, Kayla DaSilva, Aleesha Gregorio, Dana Milani, Hilary Ferguson, Jenelle Case, Jessica Fish, Brooke Wanklin, Jessica Houston, Meaghan McFall, Emilybeth Enriquez, Mary Palfrey.



SENIOR GIRL BASKETBALL WRAP-UP

Please congratulate the senior girls basketball team on a fine season. They finished off with a tough loss to St Mary's 41 to 25. Special note goes to game high scorer Andrea Zapanza with 14 points. Good luck to graduating players Andrea Zapanza and Camilla Guerrero.

JUNIOR BOYS FOOTBALL

BENN OX SCORES

Jr. Girls Basketball
St. Benedict 35, St. Mary's 30
SF: St. Benedict 38, St. David's 23
F: St. Benedict 38, Resurrection 35

Sr. Girls Basketball
St. Benedict 25, St. Mary's 41

Jr. Boys Volleyball
St. Benedict 1, St. Mary's 3

Jr. Boys Football
St. Benedict 34, Sir John A. 14



Last Thursday afternoon, the Junior Boys Football team took their undefeated record on the road to face Sir John A. MacDonald in the CWOSSA quarter-finals. After a back and forth first half, the Junior Saints pulled away in the second half to win the school's first ever playoff game 34-14. The Saints were led by a balanced offensive attack as Dequan French-Gray, Ryan McCann and Frank Lopez scored touchdowns. Defensive stars include Drew Walden, Zach Childs and Kyle Cole. The win sets up an all Cambridge semi-final today at 5:00 pm as the Saints travel to Jacob Hespeler. GO SAINTS GO!!!!

JUNIOR BOYS VOLLEYBALL

Congratulations to the Junior boys Volleyball team who had a great season this year. The junior Saints finished 4th in District 8 league play which matched them up against St. Mary's in the semifinals. The team played a hard fought match loosing 3-1 to the undefeated Eagles.

JUST DANCE! SHOWCASING ALL DANCE STYLES!

BY MRS. M. ROCHA

On December 2 at 7:00, we will be hosting a dance showcase at St. Benedict. In the past, *JUST DANCE!* has been an evening filled with immense talent, passion, and creativity. This year, I am sure that it will be all that and better! Students can perform a solo, duet, or group piece in any dance style. No auditions are required. All who are interested just sign up and have fun expressing themselves on our stage on show night. Tickets are \$5 with \$1 from each ticket going to CANFAR (Canadian Foundation for AIDS Research). Hope to see you there.

KNIT WITS LOVE TO KNIT

BY MRS. E. MISSIO



the lucky recipient of a cozy scarf or some other special surprise this Christmas. New members are always welcome and we gladly accept donations of knitting needles or yarn. See Mrs. Missio or Mrs. Friedrich for more information.

One of the newest clubs at Bennies is called the Knit Wits. The Knit Wits meet each Thursday after school in room 112. Knit Wits is a place where students and staff can learn to knit or learn new knitting techniques. Many of the students are practicing their knitting skills so that they can make Christmas gifts for friends and family members.

Who knows?

Maybe you'll be

Have you ever wondered what to do with your kid's broken crayons? We do. You can bring them to room 112 and we can use them for one of our crafts. Also, we are looking for magazines without staple binding, old Christmas cards, Christmas wrapping paper, and scrapbook paper.

GRADE 9 LINK CREW OLYMPICS!!!!

**WHEN? WEDNESDAY, NOV. 24TH, 2010
DURING PERIOD 4 AND 5!
DRESS FOR THE WEATHER! THIS IS AN OUTDOOR EVENT!**

**UNIFORM IS NOT REQUIRED...
FOR THE AFTERNOON ACTIVITIES!**

COME AND COMPETE!

Other News

STUDENTS! ARE YOU PART OF DA CREW?

St Mary of the Visitation Parish invites you:

DA BOWLING

November 21, 2010

We leave by bus at 2:00 p.m. from the Parish Centre for a great afternoon of two games at Dickson Lanes and of course, food! Bring \$10 along. It will be an amazing time! – check out our Facebook page or www.stmaryhespeler.ca for more details.

Come be a part of Da Crew !

ST PATRICKS PARISH

CAROL SING AND LIGHTING OF THE CHRISTMAS TREES

Sunday evening 6-7

November 28th

All are welcome

Upcoming Events

November 17: SAC Fall Fair

November 18: DECA Regionals

November 18: Report card distribution

November 24-26: Grade 9 play

November 28: Jingle Bell Run, 2.5K and 5K, entry fee

Nov 29-Dec 3: Grad photo sign-up

December 2: "Just Dance" showcase

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.

