

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. Kevin Fratarcangeli](#)
[Miss Anna Gallipeau](#)

NEXT ISSUE

March 9, 2011

Planning, planning, planning

If your son or daughter seems a bit stressed these days, there's a simple explanation: they're making plans. Big plans. While it may not seem like a big deal, course selection is big. We ask students to choose the path they want to follow next year more than six months in advance. These plans will impact the plans they make next year at this time, whether they're at Benny's in the following year, or even earlier if the plan is for post-secondary. And those plans will impact their plans for the next year, and the next year, and... you get the picture.

While it may sound odd, there is a lot of other planning that happens. Do you know what goes on *behind the scenes* as we move from one school year to the next? Here's a simplified walk through:

Students need to be slotted into courses. A master plan needs to be drawn up which will accommodate (and satisfy the requests of) as many students as possible. For 1500-1600 students, that takes a lot of planning. Students whose course selections aren't met will meet with guidance and "adjust their plan". That takes another few weeks.

Once the student dust settles, the staff planning needs to take place. Teachers need to be fit into timetables, some will change schools, retire, have babies, go on leaves, return from leaves... what could be a virtual human resources nightmare is handled competently by all parties involved, from the Board's HR department, to admin, to the teachers themselves.

And through all this planning, there is an underlying *super master plan*: to help **your** son or daughter get the best education they can get, and make the best choices they can make.

If you haven't already, get involved in the plan—sit down with your son or daughter, have them show you what they want to do in the coming years. Joint ownership of this plan means we all work together, and we all help your son or daughter succeed. In the end, they will reap the rewards, and we will get the satisfaction of knowing we played a part in their accomplishments. I think that's an integral part of being a *celebration of people*.

– Mr. A. Milardovic, Editor

ST. BENEDICT IN THE LOCAL MEDIA

CAMBRIDGE TIMES: Goodwill is in the jeans
CAMBRIDGE TIMES: Saints close to pulling off an upset
CAMBRIDGE TIMES: Short bench sinks Saints

Administrative

NEWS FROM THE CHAPLAIN

BY MR. B. REMPEL

Since we have returned from the Christmas break, the St. Benedict community has been busy pursuing a number of initiatives.

FOUR CHILDREN IN NICARAGUA WITH NO PARENTS

Approximately 19 years ago an earthquake devastated Nicaragua. Among the casualties were four children whose parents were killed in the devastation. William, Israel, Anelica and Aurelis were adopted by their aunt. With resources stretched thin, there was not enough money to send the orphans to school.

Laurie Hanmer, the former chaplain at St. Benedict, met the orphaned siblings while on a relief trip to Nicaragua. After hearing their story, Lauri committed herself to raising the money to get these children in school and keep them there. Over the course of the years, one of the children has trained as a baker and the others are pursuing educational training which will prepare them for meaningful careers. We have annually raised money for this important project and this year we donated \$818. A "little" money has gone a long way in providing hope and education.

JEANS FOR TEENS

On Friday, February 11 we collaborated with Aeropostale in donating jeans for teenagers who are homeless. We called our project, Jeans for Teens. Thursday, February 10 we held a jeans day for Jeans for Teens. Students and staff donated at least \$2 for the privilege of wearing jeans for the day. We raised \$2,271.30 and bought 167 pairs of jeans. On Friday, we donated those 167 pairs of jeans and students and staff donated an additional 239 pairs of jeans for a total of 406 pairs of jeans. The pile of jeans in the Atrium was over 6 feet high. Our project was featured in the Waterloo Region Record, The Cambridge Times and on CKCO.

HAITI: ONE YEAR AFTER

Since the earthquake in Haiti a little over one year ago, little has changed. Over 95% of the rubble from the earthquake remains. Most victims still live in temporary shelters. Many city residents moved to live with rural family members. Additional mouths to feed resulted in many families eating grain that had been used for seed. When planting time arrived, there were no seeds to plant. No money to buy seed, and the situation became increasingly desperate. We used the anniversary to raise awareness of the situation in Haiti and to raise funds for an organization that works with rural farming cooperatives.

BREAKFAST CLUB

For the past several years we have been providing breakfast for students each morning before school. We call it Breakfast Club. Students looking for a nutritious breakfast make their way to room 107. Students support the program by eating breakfast. Many staff support the initiative by volunteering and serving breakfast. Nutrition for Learning provides much of the funding. Together we are providing a supportive, nurturing environment.

Christian life consists of faith and charity.

– Martin Luther

NEWS FROM THE GUIDANCE OFFICE

BY MRS. P. KLASSEN

COURSE SELECTION: 2011-2012 SCHOOL YEAR


Although second semester is barely underway, plans for the next school year are already underway. For the past week, counsellors have been visiting classrooms to discuss the important process of choosing courses for the 2011-2012 school year. The decisions that students make now regarding their choices for next year are what drive the scheduling decisions that are made

with regard to both the courses and the numbers of sections that we offer at the school next year. The importance of making the right choices should not be underestimated.

As has been the practice for the past number of years students will be choosing their courses on-line. The course calendar including course descriptions about all of the courses offered at St. Benedict can be accessed at <http://www.wcdsb.ca/planner>. Detailed instructions for choosing courses are included below as well as some other information to consider as you help your son or daughter choose their courses. Please note that all option sheets **must be signed by a parent** and are **due back to the school on Tuesday, March 1**.

**PLANNING TO TAKE CO-OP
NEXT YEAR?**
**Remember to complete an application
form and get two teacher references**
**Forms available from Guidance or the Co-
op Office**
Due by March Break

▶  [Course Selection Process 2011-2012](#)

▶  [Grade 11 Checklist](#)

(PLEASE NOTE: For technical reasons, these links will not be active until Thursday noon)



SPECIALIST HIGH SKILLS MAJOR

ATTENTION GRADE 10S!

Consider getting involved in the Specialist High Skills Major Program. Whether you're headed towards College, University, Apprenticeship or the Workplace, this program is for everyone! What's in it for you?

- Take courses that relate to your interests
- Attend professional training, workshops, seminars and career fairs
- Learn more about a career of your choice
- Gain valuable experience through a co-op placement

11 majors to choose from!

See your guidance counsellor for more information or visit www.highskills.ca. Experiences start in grade 11 and 12!

ATTENTION GRADE 11 & 12S!

Here are a few examples of the many trips and training sessions coming up in February and March for Grade 11 and 12s:

Instrument Repair – Arts & Culture

Personality & Leadership – Business & Justice

Computer Hardware - ICT

Energy Efficiency with the University of Waterloo – Energy

Infection Control – Health & Wellness

Conflict Resolution & Lifting and Transfers – Health & Wellness

Fall Protection & Elevated Platforms - Construction

Lift Truck & Propane Safety – Construction & Transportation

International Auto Show - Transportation
Smart Serve – Hospitality & Tourism
Zoom Career Day – Hospitality & Tourism

Remember to visit www.highskills.ca to sign up for upcoming trips and training for your major!

QUESTIONS?

Contact Mr. S. Kritz in Guidance

or

Tara Fitzgerald

SHSM Learning Officer - Board Office

(519) 578-3660 ext 2549

Tara.Fitzgerald@wcdsb.ca

OSSLT LITERACY TEST COMING SOON

Can you believe where the year has gone? Seems like only yesterday the 2010 Literacy Test (OSSLT) was finished, and now here we are less than 7 weeks away from the 2011 OSSLT on March 31. To refresh foggy memories, the OSSLT will be written by most grade 10 students and those grade 11 students who were absent or unsuccessful on last year's test. The OSSLT is a test of READING and WRITING skills that lasts approximately 2½ hours. Over the course of that time, students are expected to read selections, answer multiple choice, short answer and long answer questions. They may be asked to summarize and give an opinion as well.

Successful students must reach the provincial standard of level 3. If not, back to the proverbial drawing board.

In-school preparation activities are now under way with a "Back to Semester 2" News Report. This activity will be assessed by a St. Benedict teacher with feedback and a mark designation. How cool is that?! Future activities include a simulation test as well as after school tutorials. Stay tuned for more information, but if you would like to contact the school personally, just call 519-621-4050 and ask for extension 450.

BE SCENT AWARE

Until recently, there has been a widespread misconception that fragrances are safe. In order to make a product fragrant, over 3,000 different chemicals are used. In fact, any single perfume product can contain up to 500 different chemicals. For most people, scented products are only a problem when the scent is too strong. For individuals who suffer from medical conditions such as asthma, sinusitis and migraines, exposure to scented products can be devastating. Whenever a person is affected by the scents in their surroundings, the symptoms result in a loss of productivity and absence from school. The symptoms are exacerbated by contact with scents within sealed or confined spaces such as hallways or classrooms. In the case of fragrance-associated health problems, prevention and avoidance are the only cures.

Be Scent Aware and avoid the use of scented products such as hand creams, sanitizers, perfume and cologne. These products can be replaced with unscented or organic alternatives. Let's all make Benny's a Scent Aware school.

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.

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.

Academic

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

INTERDISCIPLINARY STUDIES FOR AUTONOMOUS STUDENTS, IDC 4U

Why Interdisciplinary Studies?

- Our world is increasingly interconnected and interdependent.
- New areas of study develop to advance human knowledge and respond to the challenges of our changing world with insight and innovation.
- These include areas that often combine or cross subjects or disciplines, such as space science, information management systems, alternative technologies, and computer art and animation.
- Students today face an unprecedented range of social, scientific, economic, cultural, environmental, political, and technological issues.

ST. BENEDICTS BUSINESS STUDENTS EXCEL AT DECA

BY MR. F. WITTMANN

On February 14 and 15, fifty St. Benedict business students ventured to the Sheraton Centre in Toronto to participate in the provincial DECA (Demonstrating Excellence, Celebrating Achievement) competition. Over 4000 professionally dressed students competed in various categories testing their presentation skills and business knowledge. Approximately 160 competitors entered each category.

Congratulations to the following students who qualified for the international competition in Orlando, Florida:

- Kennedy Thompson 3rd (Principles of Hospitality and Tourism)
- Janna Thompson, Christina Grace, Meagan Fenske 3rd (Community Services Project)
- Ryan Dow (Leadership Development)
- Cole Boland (Leadership Development)

Advisors Carolyn Ratz and Frank Wittmann are very pleased with the success of the program and look forward to even greater participation next year.

Clubs & Athletics

ULTIMATE FRISBEE

Hey there Saints! Looking for a fast paced and highly exhilarating new sport to play? Come out and try playing some Ultimate Frisbee. The action begins on Wednesday February 23rd, Friday the 25th and Monday the 28th right after school in the gym. Ultimate is open to all students, male and female in grades 9 through 12. If you have any questions please see Mr. Betik or Mr. Dufresne. See the ranger for more details. See you there!

OUTERS CLUB GEAR

Any members of the outers club who are interested in ordering spirit wear should talk to either Mr. Fratarcangeli or Miss Novakovich as soon as possible! Our order will be going in soon, so make sure you don't get left out!



2011 HOUSE LEAGUE BASKETBALL PROGRAM

THIS 10 SESSION PROGRAM IS DESIGNED FOR BOYS AND GIRLS ATTENDING A ST. BENEDICT CATHOLIC SECONDARY FEEDER SCHOOL.

No basketball experience is necessary.

Players must be prepared to learn, try their best and make new friends from other schools.

Age Divisions: Grades 4, 5, 6
Sundays from 1pm to 2:30pm
From April 3rd to May 29th

Grades 7,8
Sundays from 2:30pm to 4pm
From April 3rd to May 29th

Note: A detailed schedule will be given out at registration as there will be three Wednesday dates.

Cost: \$40

Registration: Wednesday, March 9, 2011
7pm - 9pm
St. Benedict Atrium
(enter through front doors by the library)

Program features

- Emphasis is on developing solid fundamentals and basic principles of play in a fun and encouraging environment
- Fundamental stations and/or large group instruction emphasizing offensive moves and defensive footwork
- Daily League games and team competitions
- Will be grouped according to gender if numbers permit
- League T-shirt for each camper
- Certificate of Achievement
- Awards and Prizes

FOR MORE INFORMATION CONTACT:
JOHN MALNERICH
AT:
ST. BENEDICT C.S.S.
519-621-4050 ext 514
Or
John.Malnerich@wcdsb.ca



Coaching staff includes
John Malnerich,
(Sr. Boys Coach)
and
Former and Current
Senior St. Benedict
Players

ROBOTICS CLUB MEETING

We will be meeting to prepare for Roboticon on Friday, February 25th in Room A3. For more details see Mrs. Booth.

BADMINTON TRYOUTS

Badminton tryouts start on Tuesday and Wednesday in the gym at 2:30. See Mr. Jankura for more details.

WE CARE ABOUT OUR WORLD!

By Mrs. M. Rocha

On Tuesday March 1, the MAD (Make a Diference) Movement will welcome guests from Free the Children's Climate of Change Tour to St. Benedict. The speakers will educate a group of students about relevant environmetal issues and will inspire them to affect their natural world in a positive way. Also, a smaller group of students will attend an interactive workshop after the presentation. Once again, Bennies proves that we care and we DO want to create positive change!

Student Activities

Other News

SCENT ALLERGY ZONE

"No Scents Makes Good Sense"


Scented Products can Aggravate Health Problems!




Please avoid the use of perfume, cologne, scented hairspray and other scented products.

HELP TO KEEP OUR STUDENTS AND STAFF SAFE

Thank you!

DAVID BOUCHARD
Métis Author * Educator * Storyteller



Join us for an evening with Métis literacy champion David Bouchard. David has written more than 50 books, which have won awards such as the Governor General's Award and the Red Cedar Award.


Date: Tuesday, March 1, 2011

Location: Kitchener City Hall Rotunda
200 King Street West Kitchener

Time: 6:30-8:30 p.m.

Free Tickets are available at the following locations:

- Waterloo Catholic District School Board front desk
- Waterloo Region District School Board front desk
- Healing of the Seven Generations
- Airdshubeg Outreach Kitchener



WE DAY 2011

BY MS. A. WHALEN

We Day took place this year on Thursday February 17th at the Kitchener Auditorium. Thirty of our lucky students, along with Ms. Whalen and chaplain Bob Rempel attended this incredible event.

The Aud was filled with over 6000 students and teachers from Waterloo Region, both elementary and secondary. We Day is hosted by Free the Children. Free the Children is a social justice organization for children, by children. The founding member Craig Keilburger started the group "Free the Children" at the tender age of 12. He is passionate about bringing awareness and making a difference in the lives of underprivileged children throughout the world.

So far, his organization has provided over 1 million people with access to clean water, health care and sanitation, 207,000 school and health kits have been sent to children in need, and \$15 million worth of essential medical supplies has been sent to Asia, Africa, and Latin America—just to name a few of his accomplishments.

Me to We day is an event to raise awareness and challenge more young people to become involved. Benny's sent 30 of our own to be inspired by the infamous Reverend Jesse Jackson, Al Gore, cast members of Degrassi, and musical guests Barenaked Ladies, Shawn Desman, and Stereos. Students were inspired and empowered and will continue to bring this energy to Benny's as we kick off our global initiative in the Spring.

If you would like to join this movement of change, check out the MAD club (making a difference) every Wednesday after school in Room 207.

RELAY FOR LIFE

The Relay for Life is a unique experience that celebrates survivors, remembers loved ones and raises money and awareness for the Cancer Society. This year the 12 hour event will be held on Friday, June 3, 2011.

DO YOU (student, parent, cancer survivor, or otherwise) WANT TO BE INVOLVED? Please see Mrs. Wehrle in guidance office or Mrs. Crowell in the co-op office. Parents, please feel free to call into the school and ask for either of the aforementioned teachers.

Upcoming Events

February 24: Sears Showcase

February 24: Junior Math contests

March 3: Challenge Day

March 8: Shrove Tuesday

March 9: Ash Wednesday

March 10: Sears Showcase

March 14-18: March Break

March 22: Interim report distribution

March 24-25: Conferencing

March 31: EQAO Grade 10 Literacy Test

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.

