

TABLE OF CONTENTS

- [Administrative](#)
- [Academics](#)
- [Clubs & Athletics](#)
- [Student Activities](#)
- [Other news](#)
- [Upcoming events](#)

The BENN newsletter is a publication of St. Benedict CSS. It is distributed every second Wednesday during the school year using the WCDSB News-wire service. Any questions or comments pertaining to this publication can be sent to the editor [Anton Milardovic](#) or the school's principal [Dan Witt](#).

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NEXT ISSUE

March 28, 2012

Better Late Than Never ... Sometimes

If the lack of the familiar warble to signal the arrival of the latest issue of the BENN newsletter in your e-mailbox yesterday afternoon around 2:45 threw you off kilter for the rest of the day, we humbly apologize. Some things cannot be avoided, as was the case in the delay with this issue.

Still, we want to make it up to you. And we hope we have. As we prepare for a week away, keep in mind that the school has many opportunities awaiting students upon their return the following Monday. Take a look at some of the athletic, academic, and club offerings listed in this issue. There is something for everyone. And if there isn't, I challenge your son or daughter to take the initiative to do something about it—we certainly value their time here, we hope that they do as well.

Be safe next week, especially if travelling. Be kind to yourselves and others. Cherish valuable time with loved ones. Find something or someone to celebrate. Be good, be happy. Rest.

And just so we don't throw you off, the next BENN is three weeks away; we're taking next week off as well... in case it

BENNY'S IN THE LOCAL MEDIA

CAMBRIDGE TIMES: [Moving to professional ranks](#)
CAMBRIDGE TIMES: [PHS rink continues perfect season](#)

Administrative

GRT SERVICE TO/FROM ST. BENEDICT CATHOLIC SECONDARY SCHOOL GR. 10 LITERACY TEST - THURSDAY, MARCH 29, 2012

Morning Service to the school

All school specials operate in the morning at the regularly scheduled times.

Midday Shuttles from Hespeler to School

ST. BENEDICT'S SHUTTLE Bell Time 11:45am

10:45am Depart Hespeler Terminal (71 Melran bay). Proceed EXPRESS to school.

11:15am Depart Hespeler Terminal (71 Melran bay). Proceed EXPRESS to school.

Afternoon Service from the school

All school specials operate in the afternoon at the regularly scheduled times.

Look Who's Turning 50!!

The St. Benedict community is celebrating 50 years with a reunion weekend on May 4-6. Events will include an open house on Friday May 4 with a musical coffee house, an open house on Saturday May 5 with an old style assembly. A reunion boys basketball game, along with a reunion co-ed track and field event are scheduled for the Saturday morning. The weekend will be topped with a dinner at the Police Association Hall on Saturday evening.

We are looking for acts for our coffee house and assembly. Details and registration information can be found at www.sbcss50th.myevent.com.

PUBLIC ADVISORY

POLICE AND COMMUNITY WORKING TOGETHER IN CRIME PREVENTION

Waterloo Region, Ontario—Waterloo Regional Police are currently investigating numerous incidents in which young victims were approached by groups and robbed of their personal electronic devices and other valuables.

Police crime analysis has revealed that incidents of this type tend to escalate during school breaks and holidays. In addition, investigation has revealed that some robberies occurred after the location of house parties and social gatherings were posted on social media.

Robbery is a serious criminal offence with severe penalties and occurs when violence or the threat of violence are used in the commission of a theft.

With March break approaching, Waterloo Regional Police are encouraging the public to help make personal safety their top priority and offer the following tips:

- Walk in well lit areas in easy view of other pedestrians or motorists
- Listening to music through headphones or talking on cell phones may detract from your awareness of surroundings or the ability to spot suspicious activity
- Families should discuss street-proofing tips and safety plans
- Arrange for safe transportation home following outings or social events
- Whenever possible, especially in the late evening hours, try to walk with at least one friend.
- If approached or threatened make every attempt to avoid a physical confrontation.
- Record registration and serial numbers of your valuables
- Should you or anyone you know become the victim of this type of crime ensure it is reported to police as soon as possible

The Waterloo Regional Police Service continues to investigate these incidents and values the support and cooperation of the community as we work together to prevent crime and ensure the highest level of safety for all. For additional street proofing and personal safety tips, please visit our website at www.wrps.on.ca.

Anyone with information or who wishes to report a non-emergency situation should police at (519) 653-7700. For emergencies, please call 911.

NEWS FROM THE CHAPLAIN

BY MR. B. REMPEL

February was a month of firsts and "once agains".

St. Benedict began a new semester at the beginning of February.

As part of our daily prayer, we examined the virtue of justice. Justice requires that we take care of other people and the environment. In March we will examine the virtue of prudence, also known as wisdom. Wisdom helps us make decisions, taking into account the long term consequences. I recommend seeing the movie, The Lorax, which combines the themes of justice and wisdom.

St. Benedict once again collaborated with Aeropostale to donate jeans to teens that are homeless. Our school community donated \$1399 which was used to purchase 118 pairs of jeans. St Benedict students and staff donated a further 216 pairs of jeans. A total of 334 pairs of jeans will find their way to teens that are homeless.

February 20 was family day. What better way to spend a day, than with family and friends.

On Wednesday, February 22, St Benedict celebrated Ash Wednesday as we always do. We met by grade level in the cafeteria, were inspired by music, scripture, drama, readings and prayers, and received the ashes that signified that we don't always do what we want, but are determined to do better.

Several mission collections were used to support former sugar cane workers in the Dominican Republic. Haitian men often work on sugar cane plantations in the DR because Dominicans find the pay low and work too hard. The work is backbreaking and often physically destroys the men who work the fields. When the Haitian workers can no longer complete the gruelling work, they are kicked off the plantation. They don't have the money to return Haiti and so are left homeless and destitute. For \$200 a year, a "retired" sugar cane worker is given a place to stay, meals, and medical attention. We raised \$540 for the project.

We look forward to the opportunities March will provide.

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ECOSCHOOLS CERTIFICATION

BY MR. N. BETIK

This year at St. Benedict, we have engaged in the process to become EcoSchools certified. EcoSchools is an environmental education and certification program for grades K-12 that helps school communities develop both ecological literacy and environmental practices to become environmentally responsible citizens and reduce the ecological footprint of schools (http://ontarioecoschools.org/become_an_ecoschool/index.html).

The education and "greening" efforts will be focussed on waste and energy management. Thus far, the EcoSchools team has completed both waste and energy audits to establish norms around our energy and waste practices. We have expanded our paper recycling program to now include blue bins; green bins are a future goal.

The E-waste recycling program has also been recently set up. This program is open to the entire community encouraging students and the public to bring in old batteries, cell phones, ink cartridges, and digital cameras. The disposal bins can

be found in the main office and in the library.

Future endeavours include the continued education and promotion of "green issues" and practices for home, school, and work. The team is also anticipating (within a few years) the installation of MOLOK containers which are large waste bins that separate cardboard, paper recyclables, glass, plastic and metal recyclables, organic waste, and garbage.

The EcoSchools team is comprised of students and staff. We are hoping to add

community members to our team – please contact us if this interests you!

Academics

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

IDC4U: INTERDISCIPLINARY STUDIES FOR AUTONOMOUS UNIVERSITY-BOUND STUDENTS

This course will help students develop and consolidate the skills required for and knowledge of different subjects and disciplines to solve problems, make decisions, create personal meaning, and present findings beyond the scope of a single subject or discipline. Students will apply the principles and processes of inquiry and research to effectively use a range of print, electronic, and mass media resources; to analyze historical innovations and exemplary research; and to investigate real-life situations and career opportunities in interdisciplinary endeavours. They will also assess their own cognitive and affective strategies, apply general skills in both familiar and new contexts, create innovative products, and communicate new knowledge.

Students will practice critical higher-level thinking skills by applying Bloom's taxonomy in a tutorial setting. Students will also be taught special techniques to improve their creative thinking – applying William's taxonomy, S.C.A.M.P.E.R., DaVinci's idea box, DeBono's parallel thinking techniques, inquiry cubes, synectics, and Socratic questioning.

Using both critical and creative thought, students will look for answers to questions beyond a single discipline

BEYOND BENNY'S

BY MRS. N. OFFAK

MATH:

Canadian National Math League Contest

Annual contest with questions ranging from straightforward to challenging

March 13, 2012 - see website for details

<http://www.themathleague.com>

Sponsored by the University of Windsor

Math Circles

Free weekly enrichment activities

February 8th - April 4, 2012, 6:30pm - 8:30pm

<http://www.cemc.uwaterloo.ca/events/mathcircl...>

Sponsored by the University of Waterloo

Young Writers Poetry Contest

Short story contest for ages 7-18. See website for details.

Submission deadline: March 2012

<http://www.youngwritersofcanada.ca>

Sponsored by the Poetry Institute of Canada

MEDIA & TECHNOLOGY:

Jumcuts

Young filmmakers create their own short films for this showcase of creativity and vision

Submission deadline: March 2012

<http://www.sprockets.ca/about/jumcutsfilmmak...>

Sponsored by Sprockets: Toronto International Film Festival for Children

SCIENCE:

AAPT Photo Contest

For students in grades 9-12. Three categories: nature, contrived, multiple images.

Submission deadline: March 1 - May 15, 2012

<http://www.aapt.org/Contests/photocontest.cfm>

Sponsored by the American Association of Physics Teachers

Catalyst - Engaging Women in Engineering

An overnight conference for Grade 11 girls to experience engineering and what it is like to be a student here! Participate in a number of hands-on workshops, meet female students in engineering, compete in a design competition and experience life in residence! Spots are limited to 50 students.

Application Deadline: March 15, 2012

Event Date: May 4 to 6, 2012

<http://waterloocatalyst.ca/grade-11-girls/>

approach.

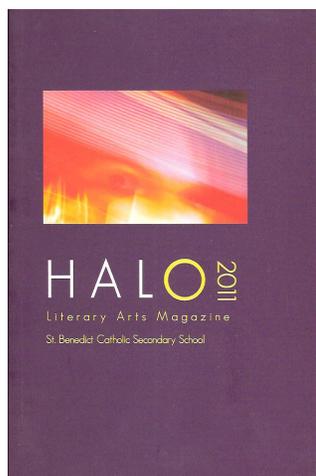
ATTENTION GRADE 9, 10, 11 STUDENTS

The University of Waterloo will be presenting open response Math Contests on Thursday, April 12. If you would like to participate, please sign up in the math office or talk to your math teacher this week.

ATTENTION GRADE 12 STUDENTS

The Euclid Math Contest from the University of Waterloo will be written on Wednesday, April 11. If you would like to sign up to write the contest, please sign up in the math office this week.

LOOKING FOR SAINTS FOR THE HALO



The St. Benedict Literary Arts Magazine —HALO—will be released this June, giving our student authors, artists, and photographers an opportunity to get their work published. A great gift for family members, this full-colour glossy publication costs only \$5.00 and supports student literacy while

Sponsored by the University of Waterloo

Engineering Science Quest

Submissions Year Round

Register online

<http://www.esq.uwaterloo.ca/>

Sponsored by the University of Waterloo

THE ARTS:

Public "Art Talks"

Check website for class and talk listings

<http://www.kwag.ca/en/exhibitions/ArtTalks.asp>

Sponsored by the K-W Art Gallery

Art Exhibits and Programs

Check website for program listings

<http://www.theclayandglass.ca>

Sponsored by Canadian Clay & Glass Gallery

Arts & Culture Venues & Events in Waterloo Region

Check website for program listings

<http://www.explorewaterlooregion.com/artscultu...>

Sponsored by Waterloo Region Tourism

Wilfrid Laurier Music Workshops

Check website for program listings

http://www.wlu.ca/page.php?grp_id=160&p=253

Sponsored by Wilfrid Laurier University Music Department

OTHER:

Enrichment Studies Unit

Residential programs for students in grades 6-11 in May of each year. A wide variety of courses to choose from and participate in at university atmosphere.

Application deadline: March 2012

Program: May 2012

<http://esu.queensu.ca>

Sponsored by Queen's University

Deep River Science Academy

For students 15-17 years old who have completed at least one grade 10 science course. This program offers a lab immersion two-credit program in biology, chemistry or physics.

Application deadline: March 2012

Camp: Six weeks: July 1 - August 12, 2012

<http://drsa.ca>

International Summer School for Young Physicist

The ISSYP is an exciting and challenging two-week program for Canadian and international high school students with a keen interest in theoretical physics and who intend to pursue physics studies at the university level.

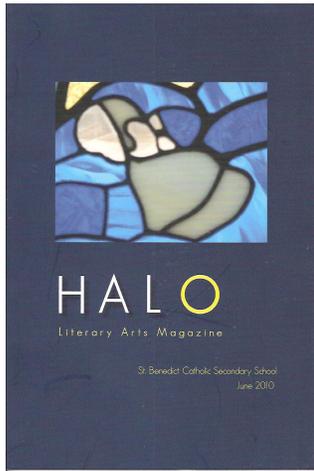
Application deadline: March 2012

Camp: July 2012

<http://www.perimeterinstitute.ca/en/Outreach/St...>

encouraging creative outlets for teenagers in our school community.

This is a limited release, so reserve your copy now and pre-order HALO by [emailing Miss Charron](mailto:Miss.Charron).



Sponsored by the Perimeter Institute

Katimavik

<http://www.katimavik.org>

Students aged 17 to 21 work in teams on community projects in six month themed programs. This volunteer experience develops leadership, improves understanding of environmental issues and tackles stimulating projects.

Application Deadline: Applications are now being accepted

**Programs run from July to December 2012*

Sponsored by the Government of Canada

Laurier Enriched Academic Program

<http://www.wlu.ca/leap>

Summer camp for gifted/highly able students in grades 1-9. Saturday morning programs and summer camp.

Summer 2012

Registration information on the website.

For more information on these Enrichment Opportunities, please [contact Mrs. N. Offak](#)

COMPUTER SCIENCE & STUDIES EXCURSION OPPORTUNITY



Any students who took either grade 11 or grade 12 computer science last semester or last year with Mr. Milardovic who are interested in going to the ICT ZOOM CAREER DAY @ CANADA 3.0 on April 24 are asked to email Mr. Milardovic ASAP—spaces are limited!

STUDENTS PREPARE TO SHOW SKILLS

BY MRS. L. O'NEILL

Twenty one of St. Benedict's students are set to compete in the Waterloo Catholic Skills Competition. The competitions will take place during the week of March 26 - 30, 2012.

Students will be competing in such competitions as: Baking, Culinary Arts, Welding, Prepared Speech, IT and Network Support, Carpentry (team of 2), Precision Machining, Photography, Restaurant Service, TV and Video Production (team of 2), Job Interview and Hairstyling.

Students will be put through their paces as they compete against other students in their respective competitions. Culinary students will be preparing a 3 course meal. Photography students will be taking photos and preparing a contact sheet and editing photos. Prepared Speech students will be creating their speeches on the topic "Life is to be lived and passed onto others... Skills Canada allows this to happen!" Some of the students won't know exactly what their project is until the day of the competition, but must come prepared with the skills to complete the project.

Students can continue to register for the competitions until Friday, March 9th. Visit <http://www.skillswaterloo.ca> for more information on the competitions that are available.

First, second and third place winners will be notified and are required to attend an award ceremony for the Waterloo Catholic School Board on April 3, 2012.

Best of luck to all of those students representing St. Benedict Catholic Secondary School at the Skills competitions.

Clubs and Athletics

WRESTLING NEWS

BY Ms. D. COSTA

And then there was ONE... Kennedy Thompson, who kept the Saints alive on the Wrestling team by winning a silver medal and securing her place in the OFSSAA championship tournament. OFSSAA is in Peterborough this year and is taking place Monday, March 5 until Wednesday, March 7th. Good luck to Kennedy, as she fights to make the Saints a force to be reckoned with!

STAY UP TO DATE WITH DISTRICT 8 SPORTS

Now receive sports updates in your email or on your mobile device!

The new [District 8 website](#) now allows you to sign up themselves for nightly e-mail updates. You can select the school (or schools) you want to follow, and all the sports results will be sent to your email address.

The service is free. Sign up by going to <http://district8.ca/admin/emailSignUp.php>.

SWIMMING SAINTS

BY Mrs. J. MUSCAT

Congratulations to Ben Taborek and Dayna Milani who competed at CWOSSA swimming on Wednesday, February 22. Both swimmers achieved their personal best times. Dayna placed 6th overall in 50m Backstroke and Ben placed 7th in 100m Individual Medley.

BENNY'S ULTIMATE CLUB

The Ultimate Club (Ultimate Frisbee) will continue to practice each Friday afternoon in the gym. They will run from 2:30- 4:00. Please wear appropriate athletic shoes and attire.

The club is open to all students and is co-ed. Please come out and try this unique sport. NO previous experience is required. We are particularly looking for Grade 9 and 10 students, male and female.

See Mr. Dufresne, Ms. Smukavich or Mr. Betik if you need other details or have questions.

CONDITIONING CLUB

Conditioning Club is running FRIDAY after School! Meet, changed and ready to go at the gym immediately after school. Bring your water Bottles. Everyone welcome!

Rugby Players, boys and girls – BE THERE!!!

TRACK AND FIELD

Track and field continues Tuesday and Thursdays from 2:45 to 3:45 p.m. for an hour of indoor fitness. After March Break there will be a team meeting on Wednesday, March 21, 2:40, Lecture Hall, followed by an outdoor workout.

BADMINTON

Tryouts for Junior, Senior Boys & Girls School Teams take place **before** March Break. The last practice is this Friday, March 9 at 7 a.m. (in the morning!).

You must attend at least 2-3 dates to be considered. Come to the gym in phys ed clothing, ready to show your moves, skills and winning attitude! ALL ARE WELCOME!!!

See coaches for more information: Mr. Jankura, Mrs. Reis-Powers, or Mrs. Adach.

SPRING LEAGUE BASKETBALL PROGRAM TO START

BY MR. J. MALNERICH

We wish to personally invite our future Saints to our 6th Annual St. Benedict Spring League Basketball Program which will be taking place next month. This 10 week program will be packed with games, contests and a complete program of instruction covering basketball fundamentals. You will be placed on a team that will compete each week for the League Championship.

The league will take place on Sunday afternoons beginning April 1st and will end on May 27th. The Freshman Division (Grades 4-6) will run from 1pm to 2:30pm and the Senior Division (Grades 7 & 8) will run from 2:30pm to 4pm. Go to our school website (<http://stbenedict.wcdsb.ca>) and select "Athletics" and then "Spring Basketball Program". Schedules, program information and registration forms are all there.

We will need to limit our enrollment in order to provide maximum instruction and playing time so registration forms need to be submitted by FRIDAY, MARCH 23. They can be dropped off at the main office at the school or mailed to John Malnerich at St. Benedict. Receipts will be issued on the first day of the league. Hope to see you on the court!

Student Activities

NUTRITION FOR LEARNING

BY MRS. D. TRENTINI

Nutrition for Learning is a charitable organization that supports community based nutrition programs committed to improving the learning capacity, health and well being of youth in Waterloo Region. This organization provides funding for two amazing nutrition programs at our school - the Brown Bag Breakfast and Breakfast Club. Breakfast Club runs every morning in room 107 from 7:30 am to 8:10 am and is facilitated by staff volunteers. During this time students gather to enjoy a healthy breakfast and fellowship. Breakfast menus include: bagels, English muffins, cheese, oatmeal, fruit and juice etc.

To spice things up, volunteers also plan special meals such as 'Waffle Wednesdays' and a full breakfast on Fridays where staff prepare a special home cooked meal. Students love Fridays because they get to enjoy something hot off the grill like delicious pancakes or French toast.

For students who do not wish to 'dine in', we also offer a Brown Bag Breakfast every morning. Students can pick up a brown bag in the atrium on their way to class. The brown bag consists of a juice box, cheese, a piece of fruit and a grain product.

On Friday, March 2nd, St. Benedict participated in its very first 'Live Free Challenge'. As a part of this challenge, students signed a pledge indicating one item that they chose to give up for one day (Starbucks' latte, Tim's coffee...) and donated the money to the Nutrition for Learning Programs. Students raised over three hundred dollars and all of the money raised from this event went directly to our Brown Bag Breakfast and Breakfast Club programs. A big thank you goes out to all volunteers who helped out with this initiative and to all of you who donated to this wonderful cause!



Food and monetary donations are always welcome. If you would like more information regarding these programs, please feel free to call Neil Calhoun at the school.

Students collecting contributions for the Live Free Challenge.

MAD FAST FOR INDIA FRIDAY MARCH 30TH 2012

In social justice news, the MAD (Making a Difference) committee will be hosting an overnight fast at the school to raise awareness and funds to build a health clinic in India.

MAD has been a part of other initiatives throughout the community and world such as The Cambridge March for Life, Halloween for Hunger, Vow of Silence, We Day, as well as raised money to build a school in Sierra Leone.

The fast will be an overnight activity that will begin at 8am on the Friday and will conclude with parents picking up participants at 9am the following morning. Students and staff supervisors will be sleeping in the cafeteria and will have various station activities throughout the event. Water and fruit juice will be provided throughout the fast, followed by a light breakfast Saturday morning, completing the fast.

Community service hours will also be given to all students participating in this wonderful and worthwhile initiative.

If you would like to become a part of this event, stop by a MAD meeting in Portable 1 on Wednesdays and stay tuned for lunch info booths and announcements for more information and to pick up a pledge form. A minimum \$10 donation is needed to help us meet our goal of \$8500. If you have any questions regarding this initiative or about MAD, please feel free to contact Mrs. Rocha or Ms. Whalen. Help make our goal happen! Together, we can make a difference.

Other News

St. Benedict Catholic Secondary School
May 4 to 6, 2012

5th

**Music Coffee House
Dinner & Auction
Sports Events
Open House
Assembly**

Photo: John Curtis

www.sbcss50th.myevent.com

A Celebration of People for 50 years

REGISTER TODAY AT
<http://www.sbcss50th.myevent.com>

Upcoming Events

Thursday, March 8

2:30pm Yearbook Club
2:45pm Track and Field training

Friday, March 9

7:00am Badminton team tryouts
2:40pm Conditioning Club
2:45pm Doctor Who Video Club

Sunday, March 11

Daylight Savings Time begins

Monday, March 12-16

March Break

Monday, March 19

2:30pm Camera Club
2:40pm Math Club

Friday, March 23

2:40pm Conditioning Club
2:45pm Doctor Who Video Club
Parent-Teacher Conferences

Monday, March 26

2:30pm Camera Club
2:40pm Math Club

Tuesday, March 27

2:45pm Track and Field training
6:00pm Badminton Club

Wednesday, March 28

2:30pm Fanime/Anime Club
2:45pm MAD Movement
2:45pm Strategy Games Club
BENN Newsletter out

Tuesday, March 20

2:45pm Track and Field training
6:00pm Badminton Club
Vernal equinox
Conflict Resolution Training

Wednesday, March 21

2:30pm Fanime/Anime Club
2:45pm MAD Movement
2:45pm Strategy Games Club
Energy Efficiency – Solar Panel Installation Training
Recording Equipment Training

Thursday, March 22

2:30pm Yearbook Club
2:45pm Track and Field training
Parent-Teacher Conferences
Energy Efficiency – Solar Panel Installation Training
Cooking Techniques/Top Chef Challenge Training

Thursday, March 29

2:30pm Yearbook Club
2:45pm Track and Field training
7:00pm School Council meeting
Grade 10 EQAO Literacy Test

DID YOU KNOW?

There are now over 1000 entries on our school calendar on the website!

Check the calendar on the school website for more information. New information is always being added, and more detailed information about upcoming events can be found there.

On the front page of our website, the calendar displays what's coming up in the next week. If you would like to see the full calendar, you can find it under **Benny's News ► Calendar of Events**.

Miscellaneous

WE WANT TO KNOW...

Thank you to those who have taken time to provide us with feedback. 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.

