

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

May 9, 2012

St. Benedict CSS 50th Reunion

The celebrations surrounding St. Benedict's 50th year are approaching. One of our key events will be the opening of the time capsule which was sealed during the opening of the new facility in 1997. Student council is planning series of student celebrations for the week of April 30 to May 4. The culmination of our celebrations will be the reunion weekend planned for May 4-6. Our weekend kicks off with an open house Friday night with a Coffee House as the highlight. Saturday morning sees a number of sporting events take place including ultimate frisbee, soccer, track and field, and a boys reunion basketball game. The afternoon sees an old style assembly. Finally, a dinner will be held at the Police Association Hall. The weekend wraps up Sunday with a mass at St. Mary of the Visitation.

SCHEDULE OF EVENTS

Friday, May 4

Registration • Decade Rooms • Coffee House
Socials at local establishments

Saturday, May 5

Open House • Men's Basketball • Co-ed Track and Field
Assembly • Dinner at Waterloo Regional Police Association

Sunday, May 6

Liturgy

Administrative

St. Benedict CSS 50th Reunion

A CELEBRATION OF PEOPLE FOR 50 YEARS

Waterloo Region, ON - The St. Benedict C.S.S. 50th Reunion -- Friday, May 4 to Sunday, May 6, 2012 -- is just one month away. Former students and staff are asked to visit the website www.sbcss50th.myevent.com and download a registration form to be completed and mailed to the school. The deadline to guarantee a dinner reservation has been extended to Monday, April 16, 2012.

The school invites the St. Benedict community catch up with old friends and teachers, challenge yourself at a sporting event, enjoy being entertained by multi-talented alumni and teachers, and celebrate the school's rich heritage of education within the Catholic faith.

For more information, email Mr. Ron Martinello or visit <http://www.sbcss50th.myevent.com>.

NEWS FROM THE GUIDANCE OFFICE

BY MRS. P. KLASSEN

GATHERING OUR VOICES YOUTH CONFERENCE

As part of a kick-off to Catholic Education Week May 7 to 11, on Monday, May 7 at the new Regional Museum in Kitchener, an exciting day of learning and fun has been planned. This event will include learning about our First Nations People of Canada and activities will include talking circles, interactive activities and an interesting keynote speaker. The event is being sponsored by the Ministry of Education and the Waterloo Catholic District School Board. Only thirty spots are available to St. Benedict students for this great opportunity. The trip is FREE and includes transportation and lunch. See guidance ASAP to pick up an information package and reserve a spot.

ARE YOU PLANNING TO GRADUATE IN JUNE? GET YOUR COMMUNITY SERVICE HOURS FINISHED!

In addition to earning 30 credits and completing the Literacy Requirement, all students must complete 40 hours of Community Service in order to achieve their Ontario Secondary School Diploma (OSSD). All Grade 12 students intending to graduate this June must have their Community Service Hours completed and submitted to the main office for documentation by June 8, 2012. This is especially important for students who have applied to college or university because if this requirement is not completed when final grades are submitted to OCAS and OUAC, admission offers can be denied. As well, in order to attend the Graduation ceremony in October, hours must be completed. Please take care of this important detail as soon as possible.

YARD SALE FOR THE CURE - VOLUNTEERS NEEDED!!

ReMax is seeking student volunteers to help at their "Yard Sale for the Cure". This event will be held on Saturday, May 26 from 8 AM - 1 PM. All of the proceeds from this event will be donated to the Cancer Centre of the Cambridge Memorial Hospital. In addition to fulfilling some Community Service Hours, you will be helping out with a great cause. For more information, please contact Sue Machado at: smachado@remaxcentre.ca.



CHECK OUT A SPECIALIST HIGH SKILLS MAJOR!

The Specialist High Skills Major is a program that encourages students in grades 11 & 12 to learn more about their career by taking a co-op experience, participating in industry

SUMMER DAY VOLUNTEERS NEEDED

The Faculty of Education at Wilfrid Laurier University is seeking volunteers to participate in their LEAP (Laurier Enriched Academic Program) summer day camp. Volunteers must be 16 years of age or older. LEAP camps are designed for gifted and highly able campers in grades 1 - 9 and offer challenging programming in an engaging environment. Volunteering at LEAP could be of particular interest to students considering a career in education. Last summer volunteers included high school

training, and taking related classes in high school.

Second semester has been a busy one for the Specialist High Skills Major (SHSM) program, as we organized many training sessions for St. Benedict students.

Information & Technology students participated in the

Electronics training at the University of Waterloo, where students completed a soldering project with Engineering graduate students. Hospitality and Tourism students spent a day with Chef Terry from Langdon Hall in a Top Chef challenge to create some tasty food and new creations.



Construction students learned how to install solar panels on flat and angled roofs with Conestoga College.

Grade 10 students!



Make sure to get involved for next year by filling out a sign up form online at www.highskills.ca! There are over 10 different majors to choose from.

For any questions about the SHSM program, please contact Tara Fitzgerald, SHSM Learning Officer: (519) 578-3660 ext. 2549 or tara.fitzgerald@wcdsb.ca.



students, university students and certified teachers. Application forms are available in the guidance office from Mrs. Klassen or can be found at www.wlu.ca/leap. The deadline for application is Monday, June 4.

WHAT ARE YOU DOING THIS SUMMER?

If you are looking for part-time work or opportunities to volunteer this summer be sure to check out the ranger system as well the bulletin boards outside of the Guidance Office. As information regarding summer work or community opportunities comes to our school is posted and updated. The summer months can be a wonderful time for students to complete the necessary volunteer work needed for high school graduation.

HEALTHY SMILES. HEALTHY KIDS.

The Region of Waterloo Public Health Dental program, with the help of other local services, offers a wide variety of dental services to children and youth in our community. Programs include free dental treatment for eligible children aged 17 and under, with urgent dental needs who have not access to dental insurance and lack the ability to pay for dental care. Treatment is provided by a community or family dentists. Dental screenings can also be provided if you have concerns about your child's teeth and lack dental insurance or the ability to pay for treatment. This screening is done in the Reion's Children's Dental Clinics to assess the concern and provide assistance in obtaining necessary dental care. For these and other programs, call 519-883-2222.

RELAY FOR LIFE IS BACK

By Mrs. M. Crowell

This week we are kicking off registration for our second Relay for Life happening on our track Friday June 1, 2012. Last year we raised over \$42,000 and have set our goal at \$50,000 for this year.

The Canadian Cancer Society Relay For Life is more than just a fundraiser. It is an opportunity to get together with family and friends and celebrate cancer survivors, remember loved ones lost to cancer, and

go to www.relayforlife.com/stbenedicts where they can register online and collect on line pledges and see how well they are doing in fundraising compared to other participants.

fight back in the hope of finding a cure for this terrible disease.

Relay is fun, fulfilling, and your participation gives strength to our mission to eradicate cancer. Walk with us in this inspirational 12-hour overnight event as we come together and fight to make cancer history.

Registration has already begun in the atrium during lunch periods. Once the permission form is returned with the \$15.00 fee participants can start raising money with their pledge envelope. Even better, they can

Every team of 10 needs a captain who will get regular email updates about what needs to happen to make this our best relay ever!

Registration in the atrium will be available ONLY on the following days April 12, 13, 18, 19, 24, 25, May 1, 2, 9, and 10 (last day to pick up permission forms).

The final day participants may return their permission forms to ensure they can attend is Wednesday, May 16.

For more information, to volunteer that night or to participate in our survivor lap please email [Mrs. Crowell](#) or [Mrs. O'Neill](#).

ECOSCHOOLS UPDATE

BY MR. N. BETIK

The Ecoschools team has been busy over the past several weeks. Our efforts have been primarily directed at the completion of requirements for achieving the Ecoschools designation and on the recently celebrated earth week.

The team is pleased to have completed the process for an official Ecoschool designation and we are hoping for a gold standard. Some of the areas that are being evaluated are energy and waste management, school ground greening, stewardship, and lesson plans across the curriculum pertaining to the environment. We will know the results of our application by the Ecoschool review process which occurs in June.

Overall, the team has seen tangible results through our waste, recycling, and energy audits. This semester, we have diverted roughly 2000 lbs. of waste from garbage to recycling! Due to the good progress, we have been moved up in priority to receive the MOLUK containers. These large containers will allow us to sort waste into 5 categories: waste, paper, cardboard, recyclables (plastics, metal, glass) and organic (compost). This should be in place for the fall.

Earth week provided several opportunities for environmental focus such as school ground cleanup and daily environmental awareness messages through the ranger and P.A. system.

We encourage all, students, staff and the public to take advantage of our E-waste recycling program. Old batteries, cell, phones, camera's printers can be brought into the main office or library.

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!

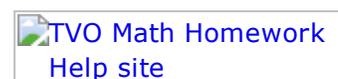
This semester, we have diverted roughly 2000 lbs. of waste from garbage to recycling!

NEED MATH HELP?

Homework Help is a free online math help for students in Grades 7-10. It is funded by the Ontario government and administered by TVO's Independent Learning Centre.

Homework Help provides free, live one-on-one tutoring from Ontario teachers Sunday to Thursday from 5:30pm - 9:30pm ET.

If you would like access to all these great math resources, click on the image.

A rectangular button with a blue border containing a small globe icon on the left and the text "TVO Math Homework Help site" in blue.

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

BRAINRULES BY JOHN MEDINA

Part 1 of a 4 part series

Dr. Medina has proposed twelve rules to improve how our brain works. Over the next few issues, a short excerpt of each of his rules will be described.

Dr. John J. Medina, a developmental molecular biologist, has a lifelong fascination with how the mind reacts to and organizes information. He is the author of the New York Times bestseller "Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School"—a provocative book that takes on the way our schools and work environments are designed.

Rule #1

Exercise boosts brain power.

Our brains were built for walking—12 miles a day! To improve your thinking skills, move. Exercise gets blood to your brain, bringing it glucose for energy and oxygen to soak up the toxic electrons that are left over. It also stimulates the protein that keeps neurons connecting. Aerobic exercise just twice a week halves your risk of dementia.

Rule #2

The human brain evolved, too.

We don't have one brain in our head, we have three. We started with a *lizard brain* to keep us breathing, then added a brain like a cat's, and then topped those with the thin layer of Jell-O known as the cortex—the third, and powerful, "human" brain. We took over the Earth by becoming adaptable to change, coming down from the trees to the savannah when the climate changed. Going from four legs to two to walk on the savannah freed up energy to develop a complex brain. Symbolic

BEYOND BENNY'S

BY MRS. N. OFFAK

SCIENCE:

Sir Isaac Newton Physics Contest

The SIN exam is a prize exam run by the Dept. of Physics at the University of Waterloo. All interested should inform their physics teacher and refer to the website.

Contest date: May 2012

<http://sin.uwaterloo.ca/index.php>

Sponsored by the University of Waterloo.

Chem13News Exam

For students having completed at least two secondary chemistry courses. See your Chemistry teacher for details.

Contest date: May 2012

Sponsored by the University of Waterloo.

OAPT Physics Contest

Online contest for grade 11 students.

Contest date: May 2012

<http://www.oapt.ca/>

Sponsored by the Ontario Association of Physics Teachers

Ontario Science Centre School

28 Students from across Ontario can attend a semester at the OSC completing Grade 12 science credits in an enriched environment. Grade 11 students need to apply in the spring.

Application Deadline: April 2012

<http://ontariosciencecentre.ca/oscschool>

Sponsored by Ontario Science Centre

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

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>

reasoning—the ability to perceive one thing as another—is a uniquely human talent. It may have arisen from our need to understand one another's intentions and motivations, allowing us to coordinate within a group.

Rule #3

Every brain is wired differently.

What you do and learn in life physically changes what your brain looks like—it literally rewires it. The various regions of the brain develop at different rates in different people. No two people's brains store the same information in the same way in the same place. We have a great number of ways of being intelligent, many of which don't show up on IQ tests.

Source: <http://www.brainrules.net/>

Sponsored by Canadian Clay & Glass Gallery

Arts & Culture Venues & Events in Waterloo Region

Check website for program listings

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

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:

Waterloo Unlimited

Residential enrichment program for grade 10 students. Features interdisciplinary themes and multi-faculty exposure. Register ASAP via website. Program Date: May 13-17, 2012

Theme: Vision

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

Sponsored by the University of Waterloo

Ontario Heritage Fair

For grades four to ten students

Date: May 2012

<http://waterlooregionmuseum.com/>

Sponsored by Waterloo Region Museum

Waterloo Region Museum Leadership Camp

Youth leadership camp for ages 13-16

Date: August 2012

<http://waterlooregionmuseum.com/>

Sponsored by Waterloo Region Museum

Youth Committee on Public Affairs

Assist in planning and participating in the annual summer conference in Orillia. Contact information on website under "Youth".

Spring 2012

<http://www.couch.ca>

Sponsored by Couching Institute on Public Affairs

Archaeology Field School

Secondary students work toward an interdisciplinary studies credit (IDC4U) at this three week field school. Applicants must have completed grade 10.

Registration: Before May 1, 2012

Camp: August 2012

<http://www.boydfieldschool.org>

Sponsored by Toronto & Region Conservartion

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.](#)

Clubs and Athletics

SENIOR BOYS SOCCER

The Senior Boys Soccer team kicked off the season against Woodland Christian High School. The boys pulled off a victory with a score of 1 - 0. Brandon Taylor scored the goal on a free kick. Tyler Davidson and Calum Tilley shared the shut out.

VARSITY GIRLS SOCCER

Congratulations to the Varsity Girls soccer team on their first win of the season. The girls beat Woodland 9-0 last Thursday. Goals were scored by Emma Catney, Alysa Mason, Alley Houston, Dana Milani, Nicole Simard and Megan Silva.



Girls Rugby
Resurrection 32, **Saints 5**
St. David 17, **Saints 0**

Girls Soccer
Saints 9, Woodland 0
Saints 7, Msgr. Doyle 0

Senior Boys Soccer
Saints 1, Woodland 0
Msgr. Doyle 2, **Saints 1**

Looking for something fun and exciting to do this summer?

St. Benedict Basketball Camps 2012

July 9 – July 13

**For Boys & Girls
Entering Grades 1 to 9**



PROGRAM FEATURES

- ◆ AGE SPECIFIC DIVISIONS
- ◆ CAMP T-SHIRT FOR EACH CAMPER
- ◆ CERTIFICATE OF ACHIEVEMENT
- ◆ COACHES' INDIVIDUAL EVALUATION
- ◆ PACKAGE OF AGE SPECIFIC DRILLS AND FUNDAMENTALS TO TAKE HOME
- ◆ INDIVIDUAL AND TEAM COMPETITIONS
- ◆ AWARDS AND PRIZES
- ◆ SPECIAL GUEST LECTURERS AND MUCH, MUCH MORE!

FOR MORE INFORMATION OR
APPLICATION BROCHURE

CONTACT:

JOHN MALNERICH AT
ST. BENEDICT C.S.S.
519-621-4050 EXT 5337

OR

SEE OUR WEBSITE AT
stbenedict.wcdsb.ca and
select "ATHLETICS".

BYE BYE BADMINTON...

Please be aware that Badminton Club is cancelled for the rest of the year.

BENNY'S ULTIMATE CLUB

The Ultimate Club (Ultimate Frisbee) will continue to play or practice each Friday afternoon. We have a game this Friday at GCI. All participants must pick up and complete permission forms in order to play - see the coaches for forms.

Discs (Frisbees) can be purchased for \$10 - see Mr. Dufresne in P.E.

The club is still open for new members. 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.

ATTENTION JUNIOR AND SENIOR ATHLETES...

Are you looking for a good challenge? Can you run, bike AND swim?

There is a meeting for the Triathlon team immediately after school on Friday in Rm. 320. Please see Mr. Muscat as soon as possible if you cannot attend the meeting but would still like to participate.

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.

ARE THERE ANY DANCERS IN BENNY'S HOUSE??

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

JUST DANCE!, Benny's popular showcase of all styles of dance, is going to take place on May 30th. Get your solo, duet, or group pieces ready for this awesome night of amazing talent! Remember that all and any style of dance is welcome and no auditions are required. Sign up info will be posted on the stage door next week. See Mrs. Rocha for more details.

Student Activities

PROM IS COMING!

Prom ticket sales start this Thursday. Tickets are \$40 each and you must have a student card or timetable with photo ID to purchase tickets. Only current grade 12 Bennies students will be able to purchase tickets this week.

Prom is May 25 starting at 7:30pm at Whistle Bear golf course. If there are any questions or concerns please see Ms. Skinn in the SAC office before school.

GETTING PREPPED FOR PROM

Voila Hair Academy will do your prom hair! And a professional makeup artist will do your makeup, all for \$30.

Book your appointment with Mrs. Cox in room 124 ASAP.

Other News

Benny's Lookin' Nifty at 50!

The 50th Anniversary is around the corner. We have a number of great events scheduled for the weekend including a Coffee House, an Assembly, reunion basketball and track and field events and a dinner. The weekend runs from Friday, May 4 to Sunday, May 6. Go to the St. Benedict homepage to find out how to register.

CLAUDE HAGGERTY- ILLUSIONIST EXTRAORDINAIRE

SPECIAL BY MSGR. DOYLE ADMINISTRATION

Catholic Education Week is quickly approaching and Monsignor Doyle has a wonderful week of events lined up. The highlight of the week is a spectacular performance by Claude Haggerty, a grand scale illusionist. He is performing at Doyle in the afternoon for students and for the community at 7pm on May 10th in the Doyle Cafeteria.

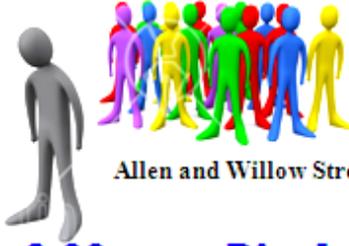
Claude has a wonderful story to share as he conducts his show. The story focuses on following your dreams, reaching your goals and never giving up. It is not only a spectacular performance, but an amazing story of one young man's desire to reach his dream! For more information, visit his website at: <http://www.aacowebdesign.ca/claudehaggerty/index.htm>

For ticket information, please call Monsignor Doyle at 519-622-1290 or drop by the school any time after April 23.

This event is being sponsored by the Kiwanis Club of Cambridge and the Doyle Key Club.

Depression: MORE than the BLUES

There is *Help*. There is *Hope*.



Tuesday, May 1, 2012

St. Louis R.C. Church, Gymnasium

Allen and Willow Streets, Waterloo, enter from Willow Street parking lot
Wheelchair accessible

6:00 p.m. Displays, Refreshments

7:00 p.m. Formal Presentation

Free Presentation

Speakers:

Dr. John Heintzman – Chief of Psychiatry, Grand River Hospital
Recognition, assessment and treatment of depression (all age groups)

Eva Neufeld – PhD student, U. of W., Health Studies & Gerontology
Depression in older adults - Suicidal behaviour and prevention

Shirley Tremblay – B. ScN.
Her personal journey with and through depression



Displays Provided By:

Grand River Hospital Mental Health and Addictions Program • KidsLINK
Canadian Mental Health Association (Grand River Branch) • Self Help Alliance
Waterloo Region Suicide Prevention Council • Words Worth Books Ltd.
Mosaic Counseling + Family Services • Shalom Counseling Services Waterloo

This presentation has been organized by:

The St. Louis Health Council • The St. Michael's Parish Nursing Ministry
St. Agnes Parish Community • Our Lady of Lourdes Parish Community

Upcoming Events

Wednesday, April 25

2:30pm Fanime/Anime Club
2:45pm MAD Movement
2:45pm Strategy Games Club
3:30pm Girls Rugby @ Msgr. Doyle
BENN Newsletter out

Thursday, April 26

11:00am Prom ticket sales start
2:30pm Yearbook Club
2:45pm Track and Field training
3:00pm Track and Field Maxi Meet 1
Half day PA Day - period 3, 4, 5 classes in the morning

Friday, April 27

2:40pm Conditioning Club
2:45pm Doctor Who Video Club
Prom ticket sales

Saturday, May 5

St. Benedict 50th Anniversary weekend

Sunday, May 6

St. Benedict 50th Anniversary weekend
Catholic Education Week

Monday, May 7

2:30pm Camera Club
2:40pm Math Club
Music Monday
Catholic Education Week

Tuesday, May 8

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

Wednesday, May 9

Monday, April 30

2:30pm Camera Club
 2:40pm Math Club
 Prom Ticket sales - open

Tuesday, May 1

2:45pm Track and Field training
 6:00pm Badminton Club
 7:00pm COPA

Wednesday, May 2

2:30pm Fanime/Anime Club
 2:45pm MAD Movement
 2:45pm Strategy Games Club
 4:30pm Girls Rugby vs St. Mary's @ Rez

Thursday, May 3

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

Friday, May 4

10:00am Track and Field track wars
 2:40pm Conditioning Club
 2:45pm Doctor Who Video Club
 2:45pm Co-president applications due
 St. Benedict 50th Anniversary weekend

2:30pm Fanime/Anime Club
 2:45pm MAD Movement
 2:45pm Strategy Games Club
 Eastertide mass
 Catholic Education Week
 BENN Newsletter out

DID YOU KNOW?

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

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.

