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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](#).

BENN STAFF

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NEXT ISSUE

May 23, 2012

Happy Catholic Education Week!

This week we celebrate Catholic Education week. It affords us an opportunity to proclaim who we are as a Catholic community, and to challenge ourselves as educators and our students to be the best people we can be using the gifts and talents which we are given.

The week is full of activities, including various guest speakers, a schoolwide Mass, and other in-class functions.

More information about some of what is happening this week will be recapped in the next issue of the BENN newsletter.

– Editor

BENNY'S IN THE LOCAL MEDIA

CAMBRIDGE TIMES: [Car rally honours local teen's death](#)

THE RECORD: [St. Benedict runs up a warning score](#)

THE RECORD: [Bundled up](#)

Administrative

NEWS FROM THE GUIDANCE OFFICE

BY MRS. P. KLASSEN

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 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



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 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



[www.highskills.ca!](http://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.

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 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

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

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.

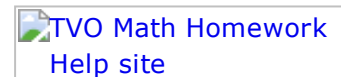
For more information, to volunteer that night or to participate in our survivor lap please email [Mrs. Crowell](mailto:Mrs.Crowell) or [Mrs. O'Neill](mailto:Mrs.O'Neill).

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.



Academics

ENRICHING THE LIVES OF

BEYOND BENNY'S

BY MRS. N. OFFAK

STUDENTS

BY MRS. D. WITTMANN

BRAINRULES BY JOHN MEDINA

Part 2 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 #4

People don't pay attention to boring things.

The brain's attentional "spotlight" can focus on only one thing at a time: no multitasking. We are better at seeing patterns and abstracting the meaning of an event than we are at recording detail. Emotional arousal helps the brain learn. Audiences check out after 10 minutes, but you can keep grabbing them back by telling narratives or creating events rich in emotion.

Rule #5

Repeat to remember.

The brain has many types of memory systems. One type follows four stages of processing: encoding, storing, retrieving, and forgetting. Information coming into your brain is immediately split into fragments that are sent to different regions of the cortex for storage. Most of the events that predict whether something learned also will be remembered occur in the first few seconds of learning. The more elaborately we encode a memory during its initial moments, the stronger it will be. You can improve your

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

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>

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

chances of remembering something if you reproduce the environment in which you first put it into your brain.

Rule #6

Remember to repeat.

Most memories disappear within minutes, but those that survive the fragile period strengthen with time. Long-term memories are formed in a two-way conversation between the hippocampus and the cortex, until the hippocampus breaks the connection and the memory is fixed in the cortex — which can take years. Our brains give us only an approximate view of reality, because they mix new knowledge with past memories and store them together as one. The way to make long-term memory more reliable is to incorporate new information gradually and repeat it in timed intervals.

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

OTHER:

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

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

TRACK COMPETITION AT REZ

BY MRS. M. BOOTH

With some great results, the St. Benedict Track and Field team competed at Resurrection on Thursday April 26. Congrats to our midget athletes with some top finishes by Tess Wittmann, Lauren Robbins, Kiera Lahey, Andrew Misner, and Darren Russo. Tess broke the Bennies Midget Girls 3000m record with a time of 13:40. Some other great finishes by Michaella, Marcus, Dan, and Scott.

The logo features the word "BENN" in a large, stylized, blue serif font. To the left of the "B" is a small crest or shield. Below "BENN" are the words "BOX SCORES" in a smaller, blue, sans-serif font.

Girls Rugby

Saints 25, Msgr Doyle 0

Saints 30, Msgr Doyle 0

Girls Soccer

TRACK WARS

BY MRS. M. BOOTH

On Friday, May 4, our track and field team competed in the Track Wars Meet at Resurrection. Some of our top competitors included Lauren Robbins and Michaela Worrell-Rogers in the 100m, Brandon Nunnikhoven in the 300m and Augustine Soga in the high jump. Our midget girls relay team also performed very well placing 4th in the 4x100m. For a full list of results, please visit our page on [ClassNet](#). Our next meet is Thursday May. 10th at Resurrection.

Saints 3, Pere Rene 0
Saints 2, Resurrection 2
St. Mary's 1, **Saints 0**

Senior Boys Soccer
Saints 2, Rockway 2
Saints 2, St. David 1
Resurrection 2, **Saints 2**
Saints 3, St. Mary's 2

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".*

SENIOR BOYS SOCCER

BY MRS. L. O'NEILL

The senior boys soccer team has been braving the weather and producing winning scores. The boys recently faced off against Pere Rene and won 1 - 0 thanks to Brandon Taylor who scored from a free kick. Tyler Davidson got the shut out.

The boys were victorious again on Monday April 30, beating St. David's 2 - 1. Both goals were scored by Brandon Taylor while Calum Tilley made some great saves in the net.

GIRLS SOCCER

BY MR. A. ARKELL

Congratulations to the girls soccer team on their two wins last week. The girls beat Monsignor Doyle by a score of 7-1 on April 23. They continued their winning streak on April 25 by beating

Rockway Mennonite Collegiate by a score of 8-1.

ARE THERE ANY DANCERS IN BENNY'S HOUSE??

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.

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>.

Student Activities

ST. BENEDICT SPRING PRODUCTION

The St. Benedict spring production is here! Come and see a talented cast of actors perform in *OUR TOWN*, a play about simple people who reveal the deep truths about living. Let us take you back to the early 1900s to meet George and Emily, two young friends who fall in love and experience the hardships that life can bring. Don't miss this inspirational show on May 22nd, 23rd, and 24th at 7 pm. Students tickets are \$5 and adults are \$10.

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

PENCILS FOR GAMPELA

BY MRS. J. COX

Gampela is a small village in Burkina Faso, Africa; and, God willing, they will be getting their very first school next year. This project will include a Christian Elementary School, and a Trade School to teach trades to young men and women in order to give them skills to earn a living.

They have absolutely nothing, so we would like to send them as many school supplies as we possibly can. They will love anything: gently used or new. We will be collecting the following:

- new and used pencils (they will be happy to receive even those pencils that get short and we usually just throw away)
- coloured pencils
- erasers
- sharpeners
- binders, clipboards
- paper
- paper pads
- stickers
- other school supplies



Thank you so much for your consideration! We have bins in room 124 and are happy to organize things. You can leave things in the main office and we will get them there.

For more information you can call or [email me](#). We know that the children and young adults will really love anything that we can send them. God calls upon His own to help the orphans; cleaning out our school supply cupboards is such a little thing to us but such a huge blessing to them!!!!

Upcoming Events

Thursday, May 10

- 2:30pm Yearbook Club
- 2:30pm Jazz band rehearsal
- 2:45pm Track and Field training
- 3:00pm Track and Field Maxi Meet 2
- 7:00pm School Council meeting
- 7:00pm Catholic Education Week School Council Mass

Friday, May 11

- 2:40pm Conditioning Club
- 2:45pm Doctor Who Video Club

Sunday, May 13

Mother's Day

Monday, May 14

- 2:30pm Camera Club
- 2:40pm Math Club
- 2:45pm Glee rehearsal
- Co-president campaign week begins

Tuesday, May 15

- 2:45pm Track and Field training

Wednesday, May 16

- 8:30am Track and Field District 8
- 2:00pm Sr. Boys Golf
- 2:30pm Fanime/Anime Club
- 2:45pm MAD Movement
- 2:45pm Strategy Games Club

Thursday, May 17

Friday, May 18

- 2:40pm Conditioning Club
- 2:45pm Doctor Who Video Club
- Co-president assembly

Monday, May 21

Victoria Day

Tuesday, May 22

- 2:45pm Track and Field training
- 7:00pm OUR TOWN Spring Production

Wednesday, May 23

- 11:04am SAC BBQ Fun Day
- 12:30pm Track and Field CWOSSA
- 2:00pm Sr. Boys Golf
- 2:30pm Fanime/Anime Club
- 2:45pm MAD Movement
- 2:45pm Strategy Games Club
- 7:00pm OUR TOWN Spring Production
- 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.

8:30am Track and Field District 8
2:30pm Yearbook Club
2:30pm Jazz band rehearsal
2:45pm Track and Field training

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.

