

## 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](#).*

## BENN STAFF

[Mr. Anton Milardovic](#)  
[Mrs. Sophia Adach](#)  
[Mrs. Jennifer Jackson](#)  
[Mrs. Nada Offak](#)  
[Mr. James Rodrigue](#)  
[Mrs. Laura Varriano-Lane](#)

## NEXT ISSUE

June 6, 2012

## NEW FOR NEXT YEAR!

We are changing our school schedule. The common lunch is returning to St. Benedict's!

We will be changing our lunch period from two lunches to one common lunch for all students. All students will have their lunch period from 10:55 am to 11:50 am each day.

This will allow us to run activities and offer support to our student body during the day. Some of these activities could include Lunch Time Homework Club, an Intramural Program, and practices for Arts Events.

Next year's schedule:

Period	Time
1	8:20 - 9:35
2	9:40 - 10:55
3 (lunch)	10:55 - 11:50
4	11:50 - 1:05
5	1:10 - 2:25

If you have any ideas or suggestions on how to help ensure a successful implementation of the common lunch period, please contact Mark Sauv , Vice-Principal.

## BENNY'S IN THE LOCAL MEDIA

CAMBRIDGE TIMES: [Cousins share message of hope](#)  
CAMBRIDGE TIMES: [Students attend March for Life rally in Ottawa](#)

## Administrative

# Final Examination Schedule

## Wednesday, June 20

8:21 to 9:37: Period 2 class

9:42 to 10:58: Period 1 class or 76 min. Final Evaluation

11:03 to 12:10: Lunch

12:20 to 2:20: Period 1 two hour Final Evaluation or Credit Rescue (if required)

2:30: Bus Pickup

## Thursday, June 21

8:21 to 9:37: Period 3 or 4 class

9:42 to 10:58: Period 2 class or 76 min. Final Evaluation

11:03 to 12:10: Lunch

12:20 to 2:20: Period 2 two hour Final Evaluation or Credit Rescue (if required)

2:30: Bus Pickup

## Friday, June 22

8:21 to 9:37: Period 5 class

9:42 to 10:58: Period 3 or 4 class or 76 min. Final Evaluation

11:03 to 12:10: Lunch

12:20 to 2:20: Period 3 or 4 two hour Final Evaluation or Credit Rescue (if required)

2:30: Bus Pickup

## Monday, June 25

8:30 to 9:46 Period 5 76 min. Final Evaluation

8:30 to 10:30: Period 5 two hour Final Evaluation

11:03 to 12:10: Lunch

11:00 to 1:00: Period 5 Credit Rescue (if required)

10:40: Bus Pickup

## Tuesday, June 26

8:30 to 10:30: Credit Rescue as arranged by teacher and student

**No buses**

**NOTE: ALL STUDENTS ARE TO BE IN FULL UNIFORM DURING FINAL EVALUATION AND CREDIT RESCUE CLASSES**

# 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.



### 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!**

### GOING TO COLLEGE OR UNIVERSITY IN SEPTEMBER?

If you are in Grade 12 and planning to attend college or university in September, please be aware that Guidance will be hosting an information session regarding OSAP on Monday, May 28 at 8:30 PM. Students who wish to attend, must sign up in the guidance office by Friday, May 25.

### 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](http://www.wlu.ca/leap). The deadline for application is Monday, June 4.



Make sure to get involved for next year by filling out a sign up form online at [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](mailto:tara.fitzgerald@wcdsb.ca).

## 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.

## RELAY FOR LIFE FAST APPROACHING...

Are you, or is someone that you know a Cancer Survivor? If so, please consider joining the **Survivor's Lap and Reception** at our Relay for Life event on June 1. The Survivor's Lap will serve as the kick start to what is sure to be a great event. Please see Mrs. Klassen in guidance for further details.

## RELAY FOR LIFE BANK DAYS!

Relay for Life is quickly approaching and we want to remind participants to bring their pledges to the atrium during both lunches next Monday through Thursday.

Participants!! Hand in your money before the event and benefit!!!

1. At Relay on June 1 you go through the 'quick line' for final registration.
2. You get your t-shirt early
3. You will be entered in a draw for several great early bird prizes

Collect those pledges and see you at BANK DAYS!

## Academics

### ENRICHING THE LIVES OF STUDENTS

By Mrs. D. Wittmann

### BRAINRULES BY JOHN MEDINA

*Part 3 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

### 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

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 #7**

#### **Sleep well, think well.**

The brain is in a constant state of tension between cells and chemicals that try to put you to sleep and cells and chemicals that try to keep you awake. The neurons of your brain show vigorous rhythmical activity when you're asleep — perhaps replaying what you learned that day. People vary in how much sleep they need and when they prefer to get it, but the biological drive for an afternoon nap is universal. Loss of sleep hurts attention, executive function, working memory, mood, quantitative skills, logical reasoning, and even motor dexterity.

### **Rule #8**

#### **Stressed brains do not learn the same way as non-stressed brains.**

Your body's defense system—the release of adrenaline and cortisol—is built for an immediate response to a serious but passing danger, such as a saber-toothed tiger. Chronic stress, such as hostility at home, dangerously deregulates a system built only to deal with short-term responses. Under chronic stress, adrenaline creates scars in your blood vessels that can cause a heart attack or stroke, and cortisol damages the cells of the hippocampus, crippling your ability to learn and remember. Individually, the worst kind of stress is the feeling that you have no control over the problem—you are helpless. Emotional stress has huge impacts across society, on children's ability to learn in school and on employees' productivity at work.

### **Rule #9**

#### **Stimulate more of the senses at the same time.**

We absorb information about an event through our senses, translate it into electrical signals (some for sight, others from sound, etc.), disperse those signals to separate parts of the brain, then reconstruct what happened, eventually perceiving the

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

#### **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/ArtTal...>

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/ar...>

Sponsored by Waterloo Region Tourism

##### **Wilfrid Laurier Music Workshops**

Check website for program listings

[http://www.wlu.ca/page.php?grp\\_id=160&...](http://www.wlu.ca/page.php?grp_id=160&...)

Sponsored by Wilfrid Laurier University Music Department

#### **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>

event as a whole. The brain seems to rely partly on past experience in deciding how to combine these signals, so two people can perceive the same event very differently. Our senses evolved to work together—vision influencing hearing, for example—which means that we learn best if we stimulate several senses at once. Smells have an unusual power to bring back memories, maybe because smell signals bypass the thalamus and head straight to their destinations, which include that supervisor of emotions known as the amygdala.

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

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.

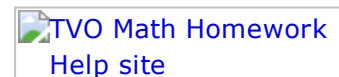
**For more information on these Enrichment Opportunities, please [contact Mrs. N. Offak](#)**

## **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.



## **Clubs and Athletics**

### **DISTRICT 8 TRACK AND FIELD RESULTS 17 ATHLETES QUALIFY FOR CWOSSA!**

**Teams:** Midget Girls Team wins D8

#### **Top D8 Individuals:**

Scott Herod - top Midget Boy (2 golds + 1 bronze)


Augustine Soga - 4th among Junior Boys (2 golds)

Tess Wittmann - 4th among Midget Girls (3 silvers)

#### **Other D8 Gold Medalists:**

Michaela Worrell-Rogers, Nathan Schmidt, Sydney Handy, Kiera Lahey, Samantha Chalmers

#### **Other D8 Silver Medalists:**



---

**Senior Boys Soccer**  
Quarter Final  
**Saints 1**, Rockway 0  
Semi Final  
Msgr. Doyle 4, **Saints 0**

**Girls Rugby**  
Semi Final  
Resurrection 41, **Saints 0**

**Girls Soccer**  
Quarter Final  
Msgr Doyle 1, **Saints 0**

Andrew Misener (2), Dan McArthur, Lauren Robbins, Kayla Leusink, Marcus Noble, Robin Petrie, Madi Kerr, Vincent Morgado, Sarah Palermo

**School Records set by:**

Dan McArthur - JB 100m and 200m  
Nathan Schmidt - SB 800m  
Augustine Soga - JB Triple Jump  
Kiera Lahey - MG Javelin  
Tess Wittmann - MG 3000m

Good luck at CWOSSA!

**ATHLETIC BANQUET**

Athletic banquet is Thursday June 7th.  
Doors open at 5:00 and dinner is served at 5:30.  
Athletes please pickup your ticket in the PhysEd office.  
Tickets will be available until Friday June 1st.

**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](http://stbenedict.wcdsb.ca) and  
select "ATHLETICS".**

The St. Benedict Summer Basketball Camp is fast approaching. It runs from July 9 to July 13. We are looking for more campers entering Grades 1 to 3. This session runs daily from 8am to 10am and features smaller balls and lower hoops so players can develop confidence and achieve early success. Please go to our school website and look under athletics for more information, including the camp brochure and registration form.

**Student Activities**

**OUR TOWN**

## **DON'T MISS THIS AMAZING SHOW!**

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, 2 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.

## **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.

## **Other News**

### **BENNY'S GRAD ON CITY COUNCIL A CONVERSATION WITH NICHOLAS ERMETA**



**BY MR. A. MILARDOVIC**

*If you are a regular reader of the Cambridge Times, you may be familiar with the name Nicholas Ermeta. A former student at St. Benedict, Mr. Ermeta is a frequent guest columnist in the opinion section of the Times. Since he has been elected to city council, he is often quoted in the paper in relation to city issues. I recently had the opportunity to engage Mr. Ermeta in conversation.*

#### **How long have you been a councillor?**

I have been a Cambridge City Councillor for a year and a half. I was elected on October 25th, 2010 and was officially sworn in on December 6th, 2010.

#### **Why did you want to serve on city council? When did you first notice this desire?**

On council, I could really have a strong impact on the future of their community. I want to serve the public and help meet their daily needs. Municipal government is closest to the people and often the one they rely on for most of their day to day needs. I could play the role of city staff where I would make recommendations to council and/or implement the decisions made by Council, but I have believed that I belong in a decision making and leadership role. I love the contact with people and how I can try to influence positive changes in their everyday lives. I can also reach out to young people and get them more interested in politics. I want to help create a great future for my family and future generations.

I first developed the desire to serve on city council when I was sixteen. My family got a house built and I grew up in a new neighbourhood that was under construction for most of my life. That piqued my interest in urban planning. As time went on and I learned how different areas of government affect each other; my interest expanded into the other areas of governing a city.

#### **You're the youngest member of city council—do you think that helps or hinders you?**

I think it helps. I can bring energy and a fresh perspective to the council table. Members of council are always open to new ideas on how to improve things. They see me as part of a new generation that are our future leaders. They also know I put great care into making my decisions since I will likely be around for a long time; I will have to live with the outcome of my decisions. Overall, our council supports youth and recognizes the need for them to get



involved. When youth speak up, it grabs their attention and they listen to what is being said; they are impressed and take them seriously.

**A lot of students think you need to be a lawyer or powerful business person to get involved in politics. What would you say to that?**

Being a lawyer or powerful business person is not necessary to get involved in politics. Hard work, community involvement, leadership, and the ability to connect and resonate with the public go a long way.

**What was your path from Benny's to Cambridge City Council?**

I graduated from Mohawk College in 2006 with a diploma in Urban and Regional Planning GIS. In 2006 I ran for Cambridge City Council and came second. In December 2011 I completed a degree in Urban and Regional Planning at the University of Waterloo. I served six years on the Cambridge Municipal Heritage Advisory Committee. I also did some volunteering in the Cambridge Fall Fair and Cambridge Canada Day celebrations.

For employment I worked in the ticket booth at the African Lion's Safari for the summer of 2000. Following that I worked as a store clerk at Little Short Stop across from St Benedict's for 10 years. For high school and college I did do an internship/CO-OP in the City of Cambridge Planning Department.

**Looking back at life at Benny's and now being on city council, is there anything you would've done differently?**

I would have gotten more involved in extra curricular activities, school clubs, student council, etc. However, I stress that as important as that is, don't let it become a distraction to your academic success.

**You are quite prolific in the Cambridge Times. Do you often get feedback—compliments AND criticisms—for your opinion pieces? How do you deal with that?**

For the most part I get complements. I do get some criticism at times and that is expected since it is hard to please everyone. I take it with a grain of salt and don't let it bother me. Not everyone is going to agree and it would be a boring world if we all thought alike. Also, not all criticism is bad; criticism forces me to re-examine what I stand for. It often results in me taking a greater stand for what I believe in. In other instances, it might make me realize that I may have been wrong on an issue since I'm not perfect and may not always be right. There are also situations when I have the right solution but there is a better way to go about implementing it. Or maybe the solution is a combination of my idea with someone else's. At the end of the day, feedback is essential. In my position, I need to hear what all sides are saying and then take a stand for what I believe is right.

**If there is one piece of advice you could give high school students today, especially if they are considering political involvement what would it be?**

This is a hard question since there have been many great lessons I have learned over the years. If I had to narrow it down, I would say that if you work really hard and set your mind to it, you can accomplish just about anything. My election campaign is a good example of that since I was out almost every day doing something and knocked on over 5000 doors within a few months. The week before the election I dropped off 4000 flyers. Hard work and persistence pays off. Sometimes it takes time and things don't always come on the first try. Don't be discouraged. If you don't succeed the first time, keep on giving it your best. It is absolutely essential that young people have their say. You are the future and the decisions made today will affect you for a long time to come. There are different levels of political involvement and it is very important to get involved one way or another.

## Upcoming Events

**Wednesday, May 23**

**Friday, June 1**

2:30pm Fanime/Anime Club  
2:45pm MAD Movement  
2:45pm Strategy Games Club  
7:00pm OUR TOWN Spring Production

#### **Thursday, May 24**

8:30am Track and Field CWOSSA  
2:30pm Yearbook Club  
2:30pm Jazz band rehearsal  
2:45pm Track and Field training  
7:00pm OUR TOWN Spring Production

#### **Friday, May 25**

2:35pm SAC Applications due  
2:40pm Conditioning Club  
2:45pm Doctor Who Video Club  
7:30pm Prom

#### **Monday, May 28**

9:30am Sr. Boys Golf  
2:30pm Camera Club  
2:40pm Math Club  
2:45pm Glee rehearsal

#### **Tuesday, May 29**

2:45pm Track and Field training

#### **Wednesday, May 30**

2:30pm Fanime/Anime Club  
2:45pm MAD Movement  
2:45pm Strategy Games Club  
7:00pm Just Dance!

#### **Thursday, May 31**

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

2:40pm Conditioning Club  
2:45pm Doctor Who Video Club  
Relay For Life  
Track and Field West Regional, UWO, Windsor

#### **Saturday, June 2**

Relay For Life  
Track and Field West Regional, UWO, Windsor

#### **Monday, June 4**

2:30pm Camera Club  
2:40pm Math Club  
2:45pm Glee rehearsal

#### **Tuesday, June 5**

2:45pm Track and Field training  
6:00pm Arts Banquet

#### **Wednesday, June 6**

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

### **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 is 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

## NEWSLETTER FEEDBACK

*Just wanted to let you know that I always read your newsletter. I find it very informative and often find things to talk to my son about that he would have never mentioned to me otherwise. Keep up the good work.*

Thank you for the feedback!

## 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.

