

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. Laura Varriano-Lane](#)

NEXT ISSUE

September 19, 2012

Greetings from Administration

Welcome back to the start of another school year. For those students returning to St. Benedict's and those new to our community we have some great opportunities to get involved. Our shift to a single lunch this year will now provide students with opportunities during their lunch to participate in activities ranging from clubs to intramurals to accessing extra help with their homework and more. Tryouts for fall teams begin immediately and our ever vibrant Performing Arts programs will kick into gear as well. Listen for announcements, check the school website, the ranger announcements and BENN newsletter for times and locations. Stay informed and get involved.

Parents, we need you to encourage your sons and daughters to get involved. If you are having a hard time finding a connection for them, call a teacher, a guidance counselor or administrator and ask for ideas. There are many positive ways for students to make connections with our community. We know these connections will enhance their sense of belonging, positively impact their learning and contribute to what we hope is a great year for each and every one of our students.

– Mr. Dan Witt, Principal

Administrative

ST. BENEDICT SCHOOL COUNCIL

St. Benedict's School Council is a group of parents, teachers and administrators committed to making our high school a great place to learn and grow! The council sees family involvement as one of its main priorities and is committed to welcoming parents into the St. Benedict community by increasing communication, removing barriers and creating opportunities to get involved!

Meetings are from 7:00 - 9:00 p.m. on Thursdays, eight times throughout the year, and are typically held in Room 111. Our dates for this year are as follows:

Thursday, September 27 (elections)
Thursday, October 25
Thursday, November 22

Thursday, January 24
Thursday, February 21
Thursday, April 4
Thursday, May 9 (family of schools Mass)
Thursday, June 6

September 27, 2012 we will be calling for nominations and holding elections for the position of Co-Chair. Elections for general council membership are not held as all are welcome. If you would like to be a regularly participating member of school council and receive agendas in advance of the meetings please complete the application form available on the website and return it to reception in the main office by Friday, September 7th, 2012.

PARENTS ARE ALWAYS WELCOME TO ATTEND!

Feel free to email our principal, [Dan Witt](#), for additional information.

BREAKFAST AT BENNY'S

BY MRS. D. TRENTINI

DO YOU SKIP BREAKFAST...

- ... most days during the week
- ... because you don't have time in the morning?
- ... because you don't feel hungry?
- ... because you think it is a good way to control weight?

If you answered yes to any of these questions, we have the solution for you!

Every morning, Monday through Friday, St. Benedict's provides students with a healthy start to their day. ALL students are welcome, free of charge to join staff in room 107 every day from 7:45 to 8:10 for breakfast. We also provide "Bag and Go" breakfasts in the atrium from 8:00 until 8:20.

We provide nutritious breakfasts including toast (muffins, bagels, English muffins, waffles, etc.) fruit, yogurt, juice, milk and cheese.

Every Friday we prepare an extra special breakfast for all students. Past Friday breakfasts have included: breakfast burritos, pancakes, Spanish omelets and much more.

It is through the gracious grants from ***Nutrition for Learning*** and school mission collections and fundraising that we are able to provide this important service for all of our students.

HOW CAN I HELP?

- We welcome parent volunteers
- We welcome any monetary or food donations (Food donations must meet Nutrition for Learning dietary standards)
- We welcome student volunteers (Great way to pick up a few community service hours)

Please feel free to contact Wendy Schuster or Danielle Trentini for more information.

What can I do at lunch?

Get some Homework Help

Teachers will be available in rooms 123 and 125.
Bring your lunch and do your homework while you eat!



GET SOME EXERCISE

Come to the Gym and play!
(sorry, but there is still no food or drinks allowed in the gym at lunch)

Get involved in a Club

Listen for announcements for what will be
happening this year at lunch.



Have lunch in the Cafeteria

Bring your lunch or buy your lunch in the caf.
Connect with friends and look for theme days in the caf.

ANAPHYLAXIS - WHAT IS IT?

BY MRS. G. LEUSINK

Anaphylaxis is a severe allergic reaction that can lead to rapid death if untreated. Many students and staff suffer from life-threatening allergies to certain foods, medications, insect stings, latex or scents. For them, exposure to even a small amount of the substance to which they are allergic can trigger an anaphylactic reaction. Peanuts are the most likely of all food allergens to trigger a full-blown anaphylactic reaction and the most common cause of fatal food anaphylaxis. Even trace amounts can cause a severe life-threatening reaction. Students have even developed reactions after coming into contact with residual foods on tables that have been wiped clean of visible material or even with a sports ball that had been contaminated.

Anaphylactic reactions occur when the body's sensitized immune system overreacts in response to the presence of a particular allergen. Anaphylaxis affects multiple body systems including skin, upper and lower respiratory, gastro-intestinal and cardiovascular. Helping teenagers strike a balance between a necessary fear of exposure and an unhealthy fear of their expanding world is a difficult balancing act for parents - and one that requires the cooperation of all who are part of the teenagers life, including the school. Despite the best efforts of parents and schools, anaphylactic children live with a level of stress that most children do not experience. It's a matter of life and death.

REDUCING THE RISK

Avoidance of a specific allergen is the cornerstone of management in preventing anaphylaxis. The less allergen brought into a school, the less risk of anaphylactic reactions. While schools cannot guarantee that an environment is completely safe, the School Anaphylactic Management Plan includes necessary measures and procedures to reduce the risk of anaphylactic reactions and assist staff in making the school as "allergen-free" as possible.

WHAT CAN YOU DO TO HELP?

1. Avoid sending peanut products to school - look for peanut-free products and leave the peanut butter and peanut butter substitute products at home.
2. Wear less scent - remember the old saying that "less is more" when applying scents in the morning and do not bring perfumes of any kind to school.
3. Do not eat in ANY classroom that is designated as a safe zone - water should be the only thing that you bring into a classroom - you do not know who will be sitting in the desk after you.
4. Use unscented hand sanitizer to keep additional scents at a minimum.
5. Celebrate birthdays without the balloons
6. Eat in the cafeteria, throw out all of your garbage and wipe down your table spot when you are done!
7. Meet with your Guidance Counsellor and make sure that the school knows all about your needs if you are anaphylactic!!

Information gathered from WCDSB Policy APH 005 on Anaphylaxis

NEWS FROM THE GUIDANCE OFFICE

BY MRS. P. KLASSEN

WELCOME TO ALL

The Guidance Department of St. Benedict would like to extend a warm welcome to all students. Whether you are joining us at St. Benedict for the first time or you are returning to us after your summer vacation, we look forward to working with you throughout the upcoming school year. Guidance case loads have been determined as follows:

Mr. Michael Ambeau: A - E, ext. 5634

Mrs. Patricia Klassen: F - Lazdins & International Students, ext. 5190

Mr. Sean Kritz: Le - Pl, ext. 5633

Mrs. Katherine Menjolian: Po - Z, ext. 5635

COURSE CHANGE INFORMATION

Students who wish to make changes to the courses that they have selected will have the opportunity to do so until Friday, September 14. Please note that all changes must be approved by a parent and/or guardian prior to us meeting with a student. The guidance department follows a procedure which allows us to deal with urgent and important requests first. Requests to make a course change should only occur if a student is requesting a level change, is missing a prerequisite course, does not have enough courses scheduled or is missing a course that is required for a specific university or college program. Students who wish to make changes other than those listed will be required to see their counsellor either before or after school. Parents, please encourage your sons and daughters to follow the procedure that we have in place for making course changes so that we can process requests as quickly as possible. Your help and support is most appreciated.

GRADE 9 "MEET THE TEACHER" NIGHT

If you are interested in experiencing what your Grade 9 son or daughter does during a typical school day, plan now to join on Thursday, September 20 for Grade 9 Parent Night. At this event, you will follow your child's school schedule, meet his or her teachers, discover the joys and perils of moving from class to class and hopefully gain valuable information that will aid you with your child's secondary education. We hope to see many of you at this event. Invitations will be sent home with Grade 9 students early next week.

ATTENTION GRADE 12 STUDENTS

During the third week of school, guidance counsellors will be conducting information sessions for all Grade 12 students who are considering attending either university or college in September 2013. Please stay tuned for important details regarding these sessions as well as for all announcements regarding post-secondary planning. These announcements will come in a variety of forms throughout the school year - verbal PA announcements, written announcements on the Ranger system, occasional auto dialer messages and of course, regularly in the BENN. All Grade 12 students are strongly encouraged to become part of our email distribution list - instructions on how to do this will be given early in the school year. The email distribution list is the most effective way for our department to forward information to grade 12 students quickly.

Academics

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

WHY ENRICHMENT?

To further enhance and develop our skills, understanding, and personality...
(<http://enrichingyouth.com/whyenrichment.htm>)

- Enrichment helps us to consider more, beyond what is typical.
- Enrichment teaches us possibilities and opportunities.
- Enrichment expands our perspectives and openness.
- Enrichment creates innovation, motivation, and determination.
- Enrichment develops passion, new insight, and optimism.
- Enrichment opens up our imagination and creative abilities.
- Enrichment encourages hope, success, and empowerment.

This is a reminder to check out Enrichment Opportunities found under Clubs & Teams on ClassNet:

<http://classnet.wcdsb.ca/sec/StB/clubs/EOWittmann/default.aspx>

Also, on the second floor in Special Education wing, is a bulletin board entitled, *High Achievers, Gifted Learners, and Creative Thinkers*. Information and articles will be posted for students. Take a look!

Finally, check out IDC4U - Interdisciplinary Studies for Autonomous Students:
<http://classnet.wcdsb.ca/sec/StB/Gr12/Guidance/IDC4U-Wittmann/default.aspx>

Clubs and Athletics

ARE YOU IN GRADE 10-12 AND NEW TO ST. BENEDICTS?

Are you interested in participating in athletics this year?

If so, you need to see Mr. Jankura in the physed office to pick up a transfer form.

ST. BENEDICT GOT B.A.C!

New to the School this year is the St. Benedict Athletic Council. The St. Benedict Athletic Council (B.A.C) mandate is "Sport for All" through our mission statement which is the following:

- Promoting the availability and benefits of sport and recreation.
- Celebrating sport achievements and the value of volunteers.

The St. Benedict Athletic Council believes...

- the skill development, socialization, fitness and life experience benefits of community sport and recreation participation contribute significantly to each person's positive growth and development in reaching their individual potential.
- in the equality of access to and availability of sport and recreation for all students
- in working for the common good of sport and recreation for all within an environment of trust, integrity and respect.
- in continually and actively working to meet the evolving needs of student athletes for sport and recreation opportunities and experiences.

Any students wishing to be a part of this NEW council please come to the first meeting on Wednesday, September 12th, 2012 in the Lecture Hall. If you require more information please see Mrs. Reis-Power in the Phys. Ed. office. REMEMBER: All are welcome! Hope to see you there!

SPORTS

SR. GIRLS BASKETBALL

Try-outs will take place Wednesday, September 5 and Thursday, September 6 from 4:00-5:45 pm in the gymnasium. Please see Mr. Fratarcangeli if you cannot attend.

CROSS COUNTRY

Come join the Fun, Fitness, Friendship, and Frivolity!

Practices take place every day at 2:45 starting Wednesday, September 5. Meet in the Phys. Ed. hallway dressed to run. All are welcome!

See coaches Mr. Wittmann, Ms. Stang, or Ms. Booth for more information.

FIELD HOCKEY

There is a brief meeting in the lecture hall on Wednesday, September 5 during lunch for any girl looking to be a part of this experience. All are welcome!

Any questions can be directed to Ms. Reis in the Phys. Ed. office!

SR. BOYS FOOTBALL

All players are required to pick up consent form packages outside the Phys. Ed. office at the end of first period Tuesday. These forms must be completed in order to be on the practice field Wednesday for tryouts. See Mr. Vale or Mr. Lowes for more details.

JR. BOYS FOOTBALL

Tryouts start on Wednesday, September 5. Be on the field for 2:45! Bring gym clothes, running shoes/cleats, and a willingness to work hard. Questions? See Mr. Ronzio in the Staff room during lunch.

JR. BOYS VOLLEYBALL

Junior boys volleyball tryouts are on Thursday, September 6 and Friday, September 7 after school from 2:45 - 4:00pm. All boys in grades 9 and 10 are welcome. Please come ready to play. If you cannot attend, please see Mr. Mascarenhas in room 301 or Mr. Muscat in room 322.

SR. BOYS VOLLEYBALL

Meeting in Gym 1 after school on Wednesday, September 5th 2012.
See Mr. O'Connor for more information.

JR. BOYS SOCCER

There will be a meeting for all Junior Boys Soccer players Friday after school in room 107. Please be sure to attend the meeting, so we can start practicing next week. If you cannot attend, please see Mr. Seguin or Mrs. O'Neill.

CLUBS

THE NEWSROOM

STOP THE PRESSES!! Staff and students who are interested in joining the new St. Benedict News Team are invited to its inaugural meeting on Tuesday, September 11 at lunch, in room 214. We are looking for students who have a nose for the news, are pros at taking pictures, and are generally interested in working on either the BENN e-newsletter, or the soon-to-be paper-published student newspaper. No experience is necessary, all are welcome! See you Tuesday!

BADMINTON CLUB

You are invited to check out the Badminton Club - no sign-up needed, just grab your running shoes and we will provide birdies and racquets. We meet weekly on Tuesdays from 6:00 pm to 7:30pm starting September 25th.

No experience is necessary, but we invite and welcome participants who want to build on their badminton skills to prepare for the Spring School Team.

See Mrs. Adach after school or at lunch in room 211 for any additional information.

SELF DEFENSE AND CONDITIONING CLUB

St. Benedict's will be offering an exciting new program that will challenge both students and teachers alike: physically and mentally. Last year Mr. Seguin introduced the conditioning club, which grew from only a few students in January to 25 students by the end of the year. With his multiple years of experience as a Soccer player, Soccer coach, and as an avid Hockey player, he is more than qualified to lead our members through a comprehensive program of exercise and conditioning.

Mr. Calhoun will be joining in the fun by adding to the mix a basic Self Defense curriculum. With over 20 years experience in the martial arts and as the owner/operator of Wilmot Jujitsu in Baden, he wishes to share a basic yet comprehensive system of defense that will endeavor to strengthen the participants' benevolence and spirit.

Combined, the two have an uncanny sense of humour that will keep the activities light in seriousness, yet productive and informative.

Come join us! Learn more about yourself and how to create a physical and mental balance in life. We will post our schedule on the Ranger system next week.

ATTENTION ALL OUTERS CLUB MEMEBERS (NEW MEMBERS ALWAYS WELCOME)!

Do you like canoeing, hiking, camping under the stars, and having fun? If you have answered yes, there is a brief, but very important meeting on Friday, September 7th at lunch in room 322.

This year we have 3 great trips as well as a few day excursions planned. If you are interested in joining the club, you are welcome to come on as many or as few trips/excursions as you would like. Information about all club activities will be posted on ClassNet in the clubs section.

Our first trip is scheduled for September 27-30, 2012. We will be heading out on a canoe trip. We are looking forward to another great year of enjoying the outdoors!

See you at our first meeting! Ms. Novakovich

DR. WHO VIDEO CLUB

Every Friday, after school, come for pizza & video goodness...and the occasional book pile give away...as we travel through time & space. Doctor Who is the longest running sci-fi-fantasy series

in history...come join your fellow fans as we indulge in nearly fifty years of adventures in the past, the present, and the future. See you in room 226!

ECO TEAM

Last year the students and staff of the St. Benedict Eco Team work hard to help our school and community become more environmentally friendly. Our school earn Gold Level Certification in the Ontario EcoSchool Program as well as being one of the 31 schools in Canada to be recognized as a GREEN High School by Eco Canada. Our biggest success last year was the implementation of new recycling program that improved the amount of waste diverted from each classroom and the collection of electronic waste from our community. Our team is hoping to carry this momentum forward into our projects for the up-coming school year. These projects might include greening our school grounds by creating gardens and gathering areas, establishing a waste diversion program for the cafeteria that would include compost as well as regular recycling, and making our school more energy efficient. The Eco Team is primarily composed of teachers, students and Administrators. However, this year we are hoping to include a few members from our community to help us develop and implement project ideas that would have a positive impact in our school and community. Our group meets once a month. If you are interested in helping us out, please contact Aaron Arkell at aaron.arkell@wcdsb.ca.

SCIENCE TEAM

St. Benedict has one of the most active Science Teams in Region. When people first hear of the Science Team, they think it is just composed of a bunch of students who have really high academic averages. This could not be farther from the truth. The Science Team is composed of students from Grades 9-12 that range from Applied Level Grade 9 Science to senior students who have low academic averages to high achievers. The only thing they have in common is a passion for science and their need to challenge themselves in an area that interests them. Our team competes in three Science Olympic Competitions throughout the school year at different Universities. The events are fun activities that target various areas of the science curriculum. These include a pig dissection event, a robot battle, construction events like building a Rube Goldberg Machine, and math related events. The students also have the opportunity to write the subject specific contests in the spring and compete in the Waterloo-Wellington Science Fair. Students who are interested in joining the team should listen to the announcements for the first meeting. It will occur during the second week of school at lunch time. Contact Mr. Arkell, Mrs. Arkell or Mr. Bailey for more details.

Student Activities

LUNCH TIME INTRAMURALS

Come out for some fun and fitness in the gym during your lunch. Join in!!

MONDAYS: SOCCER

TUESDAYS: FLOOR HOCKEY

WEDNESDAYS: BASKETBALL

THURSDAYS: FITNESS/YOGA

FRIDAYS: VOLLEYBALL

The weight room will also be open Thursdays.

Other News

HAS YOUR SON OR DAUGHTER LEFT THE ST. BENEDICT COMMUNITY?

If you are no longer associated with St. Benedict's and want to be removed from the BENN mailing list, simply [email us](#) and you will be promptly removed from the mailing list.

Upcoming Events

Wednesday, September 5

2:40pm Sr. Boys Volleyball meeting
2:45pm Jr. Boys Football tryouts
2:45pm Cross Country training begins
4:00pm Sr. Girls Basketball tryouts
Sr. Boys Football form pickup
BENN Newsletter release

Thursday, September 6

2:45pm Jr. Boys Volleyball tryouts
4:00pm Sr. Girls Basketball tryouts

Friday, September 7

11:00am Outers Club meeting
2:40pm Doctor Who Video Club
2:40pm Jr. Boys Soccer meeting
2:45pm Jr. Boys Volleyball tryouts

Tuesday, September 11

11:00am Science Team meeting
11:00am St. Benedict News Team meeting

Wednesday, September 12

11:00am Eco Team
11:00am Benny's Athletic Council meeting
Spirit Day

Thursday, September 13

LINK Mass

Friday, September 14

2:40pm Doctor Who Video Club
Course change deadline

Wednesday, September 19

Spirit Day
BENN Newsletter release

DID YOU KNOW?

New items are constantly being added to the website calendar!

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.

