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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

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

NEXT ISSUE

October 17, 2012

BENN Newsletter Reaches Milestone

As we prepared this issue of the BENN for publication, I anxiously watched our subscriber list. With the departure of several parents from our list this September (as their sons and daughters graduated), the number of subscribers dipped from 995 to 989... that elusive 1000 seemed like an asymptotic glass ceiling.

Early this week I presented a challenge to staff to guess how many subscribers we had as of 8:25 Monday morning, when I excitedly noticed that it had reached 999. Not even an hour later, another parent registered—bringing our readership to 1000.

Over the last four years, we have strived to provide you with timely, meaningful information about the St. Benedict community. I hope we have accomplished this to your satisfaction. Know that we don't take this responsibility to the thousand of you (and others in your households who read your email) lightly, and will continue to celebrate our school, and hopefully reaffirm that your choice to send your child to St. Benedict was the right one.

Thank you for entrusting them to us, and thank you for trusting us.

While I celebrate this milestone as the editor, I also want you to celebrate that you are an integral, and welcome, member of our community.

– Editor

Administrative

INTERIM REPORTS AND PARENT-STUDENT-TEACHER CONFERENCES

BY MR. D. WITT, PRINCIPAL

September has been an exciting month for our school community with the shift to a single lunch. More and more lunch-hour clubs are starting up providing great opportunities for students to get involved and make connections. Studies show that students do better in classes if they can make those connections with their community! Please encourage your child to sign up for one or ideally two different clubs or teams.

With a month of school under our belts, teachers now have a good idea of how students are progressing. Interim reports will be distributed on October 15 to students in their period 1 class.

Students who don't have a period 1 class can pick theirs up at the main office. Parent-Student-Teacher Conferences will be held on October 18th from 1 to 8:30 p.m. You are encouraged to make an appointment to meet with your son/daughter's teachers. We often see a fall off of parent involvement as students transition from elementary school to high school. Please stay involved and informed!

You might consider sitting down with your student to look through notebooks to see how organized they are and the quality of work they are doing. If there is anything that is concerning you regarding their course work, this is exactly the time to act. Reports used to be distributed far later into the semester, but the school found that it was much too late in the semester. Early intervention is key.

Make an appointment to see a teacher if you have concerns about academic progress. If you want to contact teachers now to book appointment times; our email addresses can be found on the school website under About Us ► St. Benedict Staff. Make an appointment to see a guidance counsellor or speak to a coach if you have questions about their social involvement in the school community. Your ongoing engagement in your child's education is the best support they can have.

Have a Blessed Thanksgiving!

SCHOOL SCHEDULE ON THE CONFERENCING DAY

Period 1: 8:20 to 8:55

Period 2: 9:00 to 9:35

Period 3: 9:40 to 10:15

Period 4: 10:20 to 10:55

PLEASE NOTE: There is no lunch period on this day!

Scheduling Interviews - Parent Tips from School Council

- Build in travel time between appointments. Leave at least one appointment space in between bookings to give you time to walk to the next classroom.
- If you have several students you are booking appointments for, give each student a block of time to negotiate meetings for. For example, Daughter: book appointment between 5:30 and 6:30. Son: book appointments between 7 and 8.
- Be prepared. Interview times fill up fast. Book early.
- If you are not able to book an appointment ask for a phone-call instead. Don't miss the opportunity to connect with a teacher at this early stage in the school year.
- Administration will be available to meet with parents throughout the night. Stop in and say hello even if you have no concerns!

WHO IS YOUR ADMINISTRATOR?

The administrative contact for your son or daughter is based on your last name:

A to Ge: [Mrs. Fedyna](#)

Gh to N: [Mr. Sauve](#)

O to Z: [Mrs. Leusink](#)

As always, feel free to contact our principal, [Mr. Witt](#).



**Service to/from St. Benedict
Catholic Secondary School
Thursday, October 17, 2013**

Morning Service to the school: regularly scheduled times.

Dismissal from the school, buses depart at 12:10pm, regular routing
Position 1 Cooper-Winston Special to Franklin at Winston
Position 2 Poplar-Baldwin Special to Guelph at Fisher Mills
Position 3 Melran Special to Adler at Cooper

Regular service options:

Route 53 to Hespeler Terminal at 12:02pm and 12:32pm
Route 60 to Cambridge Centre at 12:16pm
Route 75 to Cambridge Centre at 12:05pm and 12:35pm

For more information refer to our website at <http://www.grt.ca>

ARE YOU LOOKING TO MAKE A DIFFERENCE IN THE LIVES OF STUDENTS?

Thinking about a career in Education? Have some spare time during the week? Want to give back to the community? If you answered "Yes" to any of these questions, then volunteering here at St. Benedict might be for you! In the past, volunteers were instrumental in several capacities, which include (to name a few): one-on-one instruction, supervising small group activities, assisting coaches after school, and supporting students on field trips. If you or someone you know would like to join our team of volunteers here at St. Benedict, please [email Mr. Sullivan](#) or you can reach him by telephone at 519-621-4050 Ext. 5413 to set up an appointment. Don't wait to be part of our exciting school community, apply to volunteer today.



SPECIALIST HIGH SKILLS MAJOR

**Are you interested in any of the
following sectors?**

Arts and Culture • Business • Construction
Energy • Environment • Health and Wellness
Hospitality and Tourism
Information and Communications Technology
Justice, Safety, and Emergency Services
Manufacturing • Transportation

Get more information at www.highskills.ca

**Sign up in the Guidance office
by October 16 for this school year!**

Questions?
Please email [Mr. Kritz](#).

HOMEWORKHELP.ILC.ORG
**ACCESS TO FREE ONLINE MATH HOMEWORK HELP FOR
GRADES 7, 8, 9 AND 10**

By Mrs. L. CRAFTCHICK

The Waterloo Catholic District School Board in partnership with the Ministry of Education and the Independent Learning Centre is pleased to bring the Homework Help program to students. This program offers free math help for students in Grades 7, 8, 9 and 10. Key features of the site include:

- Ask a Teacher interactive tutorial rooms with Ontario Certified Teachers
- Listen and Learn Lessons
- Interactive Tutorials

Students will have access to both guided and independent learning in a unique environment that combines technology and personal interaction. The integration of technology into teaching and learning enables students to have access to a wide range of educational tools and learning resources for increased student achievement.



STUDENT ACCOUNTS

Students have obtained registration information at their schools and are in the process of registering for an account with their math teachers. Registration can also be done at home if your child has not obtained an account at school.

Go to Homeworkhelp.ilc.org and register your child for a student account. You will need to provide your child's **Ontario Education Number (OEN)** and **date of birth**. OEN numbers can be obtained from any student report card, student timetable or directly from your child's school.

GUEST ACCOUNTS

Parents may obtain guest accounts. Simply select *guest* as the account type when registering. Guest accounts allow parents to explore the resources on the site and watch the interactions between students and tutors.

E-WASTE RECYCLING PROGRAM

Did you know that your old electronic devices contain harmful chemicals and precious metals that can be recycled? If you bring your old cell phones, digital cameras, and empty ink cartridges to us, we can raise money to buy trees and other items for make our school more environmentally friendly. The drop off box can be found us inside the door at the Main Office.



**THE LEARNING PARTNERSHIP AND SCOTIABANK
BRIGHT FUTURE**

present:

**THE 2012 ULTIMATE DREAM JOB CONTEST!
DREAM BIG!**

Do you know someone entering Grade 9 in a publicly-funded school this fall? If so, get them to enter the 2012 Ultimate Dream Job Contest!™. There are great weekly prizes to be won, such as Kobo e-Readers, digital cameras, netbooks , XBOXs and Wiis - plus a grand prize of a trip to Ottawa to meet the Speaker of the House of Commons on Take Our Kids to Work™ day. All they have to do is submit a photo representing their dream job, along with a short description (25 words or less). The contest runs from September 3 to October 14.

Complete details about the contest rules and prizes can be found on www.dreamjobcontest.ca

Mark the date!

The Ultimate Dream Job Contest is part of The Learning Partnership's *Take Our Kids to Work* program. Run in partnership with Scotiabank Bright Future, the program culminates in Take Our Kids to Work day taking place on: Wednesday, November 7, 2012.

Every year, 250,000 Grade 9 students across the country participate in Take Our Kids to Work day. This nationwide event provides students with the opportunity to spend the day at the workplace of a parent, relative or family friend, learning basic business skills. More than 75,000 employers participate annually.

Complete details about the contest rules and prizes can be found on the 2012 Ultimate Dream Job Contest website. To learn more about The Learning Partnership, visit www.thelearningpartnership.ca.

Academics

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN



TED is a nonprofit devoted to Ideas Worth Spreading. It started out (in 1984) as a conference bringing together people from three worlds: Technology, Entertainment, Design. Since then its scope has become ever broader. Along with two annual conferences—the TED Conference in Long Beach and Palm Springs each spring, and the TEDGlobal conference in Edinburgh, UK each summer—TED includes the award-winning TEDTalks video site, the Open Translation Project and TED Conversations, the inspiring TED Fellows and TEDx programs, and the annual TED Prize.

The annual TED conferences, in Long Beach/Palm Springs and Edinburgh, bring together the world's most fascinating thinkers and doers, who are challenged to give the talk of their lives (in 18 minutes or less).

Our mission: Spreading ideas.

<http://www.ted.com/>

New:



<http://ed.ted.com/>

Athletics

JUNIOR BOYS SOCCER UPDATE

BY MRS. L. O'NEILL

The Boys Junior Soccer team are hoping to spring back from back to back losses last week when they face off against Monsignor Doyle on Monday, October 1. The boys will be playing at home on Wednesday, October 3 at 3:30 against St. Mary's.

JUNIOR BOYS LOSE TO JACOB HESPELER, TRIUMPH OVER RESURRECTION

BY MR. P. RONZIO

The Saints Junior Football Team lost a hard fought season opener 24-6 to the Jacob Hespeler Hawks. Key players were Mario Alyas, who helped the defence keep the team in the game, and Aidan Yearwood, who scored on a big catch and run touchdown!

BENN BOX SCORES

Junior Boys Soccer

St. Mary's 5, **Saints 0**
Resurrection 5, **Saints 0**
Msgr. Doyle 1, **Saints 1**

Junior Girls Basketball

Saints 33, St. David 23
Saints 44, Pere Rene 4
St. Mary's 24, **Saints 47**
Saints 52, Woodland 19
Saints 47, Msgr. Doyle 27

Senior Girls Basketball

St. Mary's 38, **Saints 15**
Woodland 32, **Saints 31**

Girls Field Hockey

St. Mary's 1, **Saints 0**
St. David 2, **Saints 0**
Resurrection 7, **Saints 0**

Junior Boys Volleyball

Last Wednesday, the boys won their home opener on Wednesday against their rivals, the Resurrection Phoenix, by a score of 21-17. Key players were George Monaghan with 2 touchdowns, and Brayden Hill with 2 interceptions. A big thanks to all the grade 9s that came out to cheer us on!

SENIOR BOYS BEAT REZ

The Senior Boys Football team got back into the win column last Wednesday with a convincing 22-7 win over the visiting Resurrection Phoenix. The offense was led by quarterback Dequan French-Gray who threw for over 200 yards and 3 touchdown passes. Brad Vince caught all 3 touchdown passes while receivers Julio Vasquez and C.J. Dexter made big catches.

The Saints defense was rock solid led by Robin Petrie who made 13 tackles and recovered a fumble. Drew Walden, Brandon McCutcheon, Devon Pelley and Devaughn Coston also had big games for the Saints.

Come out and support the Saints in a big game Thursday night at 7:00 pm against Eastwood on Saints field.

► [See the photos and article in the Cambridge Times](#)

Saints 3, St. David 0
Saints 0, St. Mary's 3
Saints 3, Pere Rene 1
Woodland 3, **Saints 0**

Senior Boys Volleyball

St. David 3, **Saints 0**
Saints 0, St. Mary's 3
Saints 2, Pere Rene 3
Woodland 3, **Saints 0**

Junior Boys Football

Saints 6, J.Hespeler 24
Resurrection 17, **Saints 21**

Senior Boys Football

Saints, J.Hespeler
Resurrection 7, **Saints 22**

JUNIOR GIRLS BASKETBALL SCORE THREE CONSECUTIVE WINS

By Miss A. Whalen

Please congratulate the Junior Girls Basketball game for their win against Pere Rene: 44-4. Lead scorers were Kayla Leusink with 10 points and Afifa Salaad with 8.

Exciting play continued on Monday with a win against St. Mary's, 47-24. Leading scorers included Kayla Leusink, Afifa Salaad, and Laura Ivits.

In the last game last week, the girls kept their winning streak alive with a win against St. David, 33-23. They added a back to back win against Woodland and Doyle on Monday and Tuesday night this week.

Please join us in the gym on Wednesday, October 10 for the home game against Rockway.

VARSITY GIRLS LOSE HOME OPENER

By Miss A. Hanley

The varsity girls field hockey team battled hard against St. David's last week during their home opener. The girls battled hard both halves to make it a close game. Despite their hard effort the girls fell short of a win.

Special recognition to Madison Lisi who showed true dedication and courage in attacking the ball all the way until the last minute.

In this week's game, the girls battled hard against Resurrection, falling short in a well fought game. Their dedication and hard work was evident throughout the entire game. Good luck to the girls while they battle for a win at St. David's today.

CROSS COUNTRY TEAM RESULTS

By Mr. F. Wittmann

At the Preston Fun Run, our top 20 finishers were Marcus Noble 5th, Colton Dorion 19th, and Rachel Kasprzyk 18th. Great first race on September 14th. Great effort from our Midget Teams!

The following week we had our 2nd race at Laurel Creek in Waterloo. Top 20 finishers were Matt Fantini 4th, Jade Weir 9th, Nick Misener 16th, Tess Wittman 16th, Marcus Noble 17th, Rachel Kasprzyk 17th. Well done to our Midget and Juniors girls teams who placed 3rd.

The team participated at Shade's Mill last Thursday with some very strong results. Runners who got in the top 20 in their division are: Devaughn Channer 4th, Marcus Noble 5th, Matt Fantini 8th, Jade Weir 8th, Julia Wittmann 9th, Tess Wittmann 12th, Darren Russo 15th, Rachel Kasprzyk 18th, Kierra Lahey 18th, Keith Tanner 18th, Nicole Hurley 19th, and Alyssa Mason 20th.

Our midget girls finished 3rd, junior girls 2nd, and midget boys 2nd. For full results, see athletic.net.

Giddy Up & Gallop 5K Fun Run Results

Some members of our cross-country team raced in the "Giddy Up & Gallop 5K Fun Run" at Mohawk Racetrack in Campbellville on Saturday, September 29. Congratulations to Marcus Noble who won the event in a blistering time of 16:51. Colton Dorion galloped to a second place finish in his age class and helped to introduce this event to the team. Mr. Wittmann trotted to a second place finish in the master's category, and was almost lapped by Marcus.

The objective of the Giddy Up and Gallop Fun Run is to encourage physical activity in a family atmosphere within the community, while raising money to support a charity partner. Standardbred Canada coordinated the exciting run with profits from the event benefiting the Standardbred Racetrack Chaplaincy of Canada.

Our next race is tomorrow: Thursday, October 4th at Bechtel Park in Waterloo.

FITNESS CENTER/WEIGHT ROOM

**THE FITNESS CENTER WILL BE
OPEN AT LUNCH THIS
SEMESTER**

**Monday, Tuesday, Wednesday,
and Friday**

**GET YOUR PERMISSION SLIP FROM THE
SCHOOL WEBSITE**

**CLICK ON ATHLETIC FORMS
BRING THE FORM TO YOUR FIRST
WORKOUT**

ALL STAFF AND STUDENTS WELCOME

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](http://district8.ca) 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>.

ULTIMATE FRISBEE

FAST, FUN, EXCITING! Want to try a new sport. The Ultimate Club (A.K.A. Ultimate Frisbee) has begun Thursdays at lunch. The Club is open to females and males from grade 9-12. We are particularly excited to have new and young players join us. No experience is necessary. We will practice each Thursday at lunch in the gymnasium. You must wear proper athletic attire. See coaches Smukavich, Porto, Betik, or Dufresne for more information.

Clubs

ST. BENEDICT DECA 2012-2013

The St. Benedict DECA team is down to business. There is still time to join for any interested students. Registration forms and money will be collected Friday, October 5, before school in room 216. See Mr. Wittmann or Mrs. Ratz for further details.

DECA meetings are held each Wednesday at lunch in Room 216. Come meet new people, enhance your resume and improve your business knowledge.

NEW LUNCH-TIME CLUBS

Calling all writers, artists, photographers,
musicians!!!
IF you have a poem, story, novel, article to write...

ARTISTIC LICENSE

IF you want someone to illustrate your writing....

IF you have drawings or illustrations and want the
creative writing to go with it...

IF you have photos or images and want the song or
writing to go with it...

IF you have a song that needs lyrics, or lyrics that
need a song...

Tuesdays in room 303

~ ~ ~ ~ ~

Feeling a little sluggish? Wondering what to make for
lunch? Looking to become healthier?

Then the HEALTHIER FOR LIFE CLUB

is for you.

We will be meeting at lunch on Friday, October 5 in
room 107.

Lets talk about eating and being healthy.
Bring your lunch and lets chat about food, exercise
and life!

Any questions? See Mrs. Crowell or Mrs. O'Neill.

~ ~ ~ ~ ~

Are you cuckoo for Crosswords?

Silly for Sudoku?

Wacky for Word Finds?

Passionate for Puzzles?

PUZZLES CLUB

**Pop into room 214
any day during lunch period**

SAINTS 4 LIFE

BY MRS. M. ROCHA

Do you want to be the voice for the
voiceless? Do you believe that unborn
babies deserve the right to live no
matter what? Then The Saints 4 Life
group may be for you. The group
meets at lunch in room 321. We will
be discussing spirit wear and plans for
the rest of the year. Contact Mrs.
Rocha for details.

MAKING A DIFFERENCE CLUB

BY MRS. M. ROCHA

Have you heard of the awesome
organization called Free the Children?
Want to go to WE DAY? Want some
really cool spirit wear that is eco
friendly and sweatshop free? Then
come out to The Making a Difference
Club meeting this Thursday, October
4th at lunch in room 321.

ATTENTION ALL ROCK CLIMBERS!

BY Ms. M. NOVAKOVICH

The first week of rock climbing has
been moved to next week. A week
will be added to the end of our
sessions to make up for this week
being cancelled.

There are still a few more spots
for anyone interested in joining us for
rock climbing this semester. Please
check out classNet or talk to Ms.
Novakovich for more details!

BADMINTON CLUB

Football not BAD enough for you?
Rock Climbing neither? Well! Then
BADminton Club might be for YOU! All
are welcome every Tuesday evening

Bring your own puzzles, or do so some of ours

from 6:00pm to 7:30 pm. Bring running shoes and comfy clothes. Rackets and birds are provided. We want you BADly!

YEARBOOK CLUB 2012-2013

If you're interested in joining the Yearbook Club, come to the first meeting this Thursday, October 4 after school in Room 216.

CAMERA CLUB

Want to take better pictures with your digital camera?

Camera Club meets every Monday in Room 216 at 2:30pm

ACTIVITIES AT ST. BENEDICT'S

With the change in our school schedule back to the common lunch, many new opportunities are now available to our students. Here is our current list of activities:

	Before school	At lunch	After school
Monday	Breakfast at Benny's	Homework help (rooms 123 and 126) Art club (room 217) Fitness Center open (weight room) Saturday morning cartoons (Sem 2.1) Intramurals: indoor soccer (gym) Puzzles club (room 214)	Camera club (room 216) Cross Country training
Tuesday	Breakfast at Benny's	Artistic License (room 303) Homework help (rooms 123 and 126) Fitness Center open (weight room) Saturday morning cartoons (Sem 2.1) Self Defense and Conditioning club (Gym 1) Science Team (room 314) ** Tuesdays with Marilyn (room 124) Intramurals: floor hockey (gym) Puzzles club (room 214) Glee club (room 103)	Badminton club at 6:00pm (gym) Cross Country training
Wednesday	Breakfast at Benny's	Homework help (rooms 123 and 126) DECA Business club (room 216) Fitness Center open (weight room) Lost club (room 125) Saturday morning cartoons (Sem 2.1) Intramurals: basketball (gym) Puzzles club (room 214) Welding club (Annex room A4)	Anime club (room 210) Cross Country training
Thursday	Breakfast at Benny's	Homework help (rooms 123 and 126) Making a Difference (MAD) (room 321) Saturday morning cartoons (Sem 2.1) Eco Team (room 314)** Intramurals: fitness (gym) Puzzles club (room 214) Ultimate Frisbee club (gym) Glee club (room 103)	Yearbook club (room 216) Cross Country training Games club (room 125)

		Homework help (rooms 123 and 126)	
		Fitness Center open (weight room)	Cross Country training
Friday	Breakfast at Benny's	Lost club (room 125)	Doctor Who Video club (room 226)
		Saturday morning cartoons (Sem 2.1)	
		Intramurals: volleyball (gym)	

** Meets every second week.

New clubs, teams, and events are being added regularly... listen to the announcements, and check out the Ranger system and our school website.

If you have any ideas for a new club or activity, talk to one of your teachers, or someone on SAC. Make it happen!

Student Activities

GREETINGS FROM SAC

Curious as to what's happening around Benny's? Well, Student Council is here to inform you on the latest updates! Student Activities Council is a group run by students from Benny's. This year we are privileged to have 3 co-presidents to represent our student body.

This coming Thursday, October 4th 2012, Benny's will be having its first coffee house at 7pm. Everyone is welcome to come and support their children and are asked to bring \$2 or 3 cans of nonperishable food items.

On Wednesday, October 10th, we will be having a spirit day where students are allowed to wear any appropriate top or sweater with uniform bottoms. If students are participating in this spirit day, they are required to bring a nonperishable food item.

On Thursday October 11, Bennies will be hosting the Academic Awards Night, and we strongly encourage you and your family to come out and support your children. Thank you!

"WE ROCKED THE NIGHT AWAY" – GRADE NINE LINK DANCE

By Mrs. W. Schuster

On the evening of *Meet the Teacher Night*, while parents scurried from class to class, over 150 grade nines "rocked the house". The dance was hosted by the Link Crew, an amazing group of supportive, energetic senior students who had just as much fun on the dance floor as the grade nine students.

Many thanks to the Link Crew coordinators, SAC and teachers who helped supervise the evening festivities. Rumour has it that even a couple of staff "busted a move or two" on the dance floor!



Other News

THE SAINTS4LIFE WALK FOR LIFE

By KEARA BOYCE

Saturday, September 29, 2012 signified the kick-off to the Pro-Life movement for the St. Benedict's Saints4Life team. Representatives from the group—Keara Boyce, Lisa Nguyen and Mrs. Rocha—walked alongside a large group of pro-life supporters, including the pro-life group from Monsignor Doyle, at the annual Cambridge Walk for Life. The energy and commitment to the cause could be felt through the crowd of supporters who showed up at St. Patrick's Church to participate in the walk that Saturday morning.

Together, a lots of attention for the pro-life movement was raised in the streets of Galt. Many pedestrians stopped to read the banner held by Keara Boyce and Lisa Nguyen for all to see, and many showed their support by waving and honking their horns.

Even though this specific event has come to a close, the Saints4Life team has just begun. The Walk for Life is just one example of the numerous events that the Saints4Life team has planned to get involved in for this year. Our goal is to be the voice for the most innocent and voiceless: unborn babies. Members and supporters are always welcome to join the Saints4Life team in support of the pro-life movement.



PARENTING WITH TECHNOLOGY

By MRS. D. FEDYNA

It's Sunday night and I'm sitting watching the U.S. lose badly in the Ryder Cup. On the dining room table the red light on my blackberry begins to flash. Ah, the outside world disturbing my inner peace.

It's my son, newly transported to Winnipeg, touching base. As we make plans to set up a time for Skype for a face to face video chat, the phone vibrates in my hand. It's his twin sister in Pickering texting me. As usual, there's a crisis and no one is available but me to give advice. It feels good to be needed and bonding with the 'children', now thousands of miles apart.


But am I bonding or is it a wishful thinking on my part? Research says that it all depends on who initiates the call. Frequent calls from parents can be negative—don't use the phone to discipline or 'shadow' your children. If you are 'over-anxious', as a parent you are apparently undermining their self-esteem and their need to develop independence. If the student initiates the

WALK-IN COUNSELLING

Is your family struggling with parenting challenges?

We can help.

Come on in and let's talk.



The Walk-In Counselling at Front Door helps families with children up to 18 years of age to get started on the road to understanding. Through a single family counselling session, our experienced counsellors help identify issues and equip families with tools and strategies to address their concerns. The focus of the session is determined by each family's unique needs.

Front Door
Access to Child and Youth Services



call to ask permission, advice or share good news, then technology is viewed as a good thing—a positive reinforcement of the parent/child relationship.

So, that's the research. I have made it clear to my children that if I don't get a response in a timely manner I will haunt them and cut them out of the will. I'm not sure how the researchers would deal with that, but it sure works for me!

YEARBOOK INFORMATION

Last Thursday, last year's yearbooks were distributed in period 5 class. If you did not get your yearbook, or if you want to buy one, they were on sale in the Atrium during lunch until today. If you did not receive one but would still like one for only \$30, please contact Mr. Curtis. You need to show your student ID card if you prepaid.



Get a sneak peek of the Yearbook, follow us on Twitter:

BENEDICTUSYBK

Upcoming Events

Wednesday, October 3

2:35pm Anime Club
3:30pm Jr. Boys Soccer vs St. Mary's
3:30pm Jr. Boys Volleyball vs Msgr. Doyle
3:30pm Sr. Boys Volleyball vs Msgr. Doyle
3:30pm Girls Field Hockey @ St. David
Spirit Day
BENN Newsletter release
D8 Tennis tournament

Thursday, October 4

9:30am Cross Country
9:45am College visit: Conestoga
10:55am Homework help
11:00am Ultimate Club
11:00am Glee club
11:00am Making A Difference Club
11:00am Saturday morning cartoons
11:00am Intramurals: fitness
11:00am Puzzles Club
2:40pm Games club
2:40pm Yearbook Club
5:00pm Jr. Boys Football vs Eastwood

Friday, October 12

10:55am Homework help
11:00am Lost Club
11:00am Fitness Centre open
11:00am Saturday morning cartoons
11:00am Intramurals: volleyball
12:00pm Cross Country
1:00pm Jr. Boys Football @ Grand River
2:40pm Doctor Who Video Club
3:00pm Sr. Boys Football @ Grand River

Monday, October 15

10:55am Homework help
11:00am Art Club
11:00am Fitness Centre open
11:00am Saturday morning cartoons
11:00am Intramurals: indoor soccer
11:00am Puzzles Club
12:00pm Univ. visit: Windsor University
2:40pm Camera Club
3:30pm Jr. Boys Soccer @ St. David
3:30pm Jr. Boys Volleyball vs Rockway
3:30pm Sr. Boys Volleyball vs Rockway

6:30pm Coffee house
7:00pm Sr. Boys Football vs Eastwood

Friday, October 5

10:55am Homework help
11:00am Lost Club
11:00am Fitness Centre open
11:00am Saturday morning cartoons
11:00am Intramurals: volleyball
2:40pm Doctor Who Video Club

Monday, October 8

Thanksgiving Day

Tuesday, October 9

9:45am College visit: Fanshawe
10:55am Homework help
11:00am Self Defense and Conditioning Club
11:00am Tuesdays with Marilyn
11:00am Glee club
11:00am Fitness Centre open
11:00am Saturday morning cartoons
11:00am Intramurals: floor hockey
11:00am Puzzles Club
11:00am Artistic License
1:15pm College visit: St. Clair College
6:00pm Badminton club, 6:00-7:30

Wednesday, October 10

8:30am College visit: Mohawk
10:55am Homework help
11:00am Lost Club
11:00am DECA Business Club
11:00am Fitness Centre open
11:00am Saturday morning cartoons
11:00am Intramurals: basketball
11:00am Puzzles Club
11:00am Welding Club
2:35pm Anime Club
3:30pm Jr. Boys Soccer @ Resurrection
3:30pm Sr. Boys Volleyball @ Rockway
3:30pm Sr. Girls Basketball vs Rockway
3:30pm Girls Field Hockey vs Msgr. Doyle
4:00pm Jr. Boys Volleyball @ Rockway
5:00pm Jr. Girls Basketball vs Rockway
Spirit Day

Thursday, October 11

10:55am Homework help
11:00am Ultimate Club
11:00am Glee club
11:00am Making A Difference Club
11:00am Eco Team
11:00am Saturday morning cartoons
11:00am Intramurals: fitness
11:00am Puzzles Club
2:40pm Games club
2:40pm Yearbook Club

4:00pm Jr. Girls Basketball @ Rockway
5:30pm Sr. Girls Basketball @ Rockway
Progress reports distributed

Tuesday, October 16

1:15am Univ. visit: University of Ottawa
10:55am Homework help
11:00am Self Defense and Conditioning Club
11:00am Tuesdays with Marilyn
11:00am Glee club
11:00am Science Team
11:00am Fitness Centre open
11:00am Saturday morning cartoons
11:00am Intramurals: floor hockey
11:00am Puzzles Club
11:00am Artistic License
6:00pm Badminton club, 6:00-7:30
Deadline to sign up for SHSM for this year

Wednesday, October 17

10:55am Homework help
11:00am Lost Club
11:00am DECA Business Club
11:00am Univ. visit: University of Waterloo & St. Jerome's
11:00am Fitness Centre open
11:00am Saturday morning cartoons
11:00am Intramurals: basketball
11:00am Puzzles Club
11:00am Welding Club
2:35pm Anime Club
3:30pm Jr. Boys Volleyball @ Resurrection
3:30pm Sr. Boys Volleyball @ Resurrection
3:30pm Sr. Girls Basketball vs Resurrection
4:30pm Girls Field Hockey vs Resurrection (at Msgr. Doyle)
5:00pm Jr. Girls Basketball vs Resurrection
Spirit Day
BENN Newsletter release

Thursday, October 18

11:00am College Information Days at Conestoga
1:00pm Parent-teacher interviews, 1:00-8:00 pm
1:00pm Jr. Boys Football @ Sir John A
2:40pm Games club
2:40pm Yearbook Club
3:00pm Sr. Boys Football @ Sir John A
7:00pm Post-secondary info night

DID YOU KNOW?

There are over 1300 entries on our school calendar on the website!

This means plenty of opportunities for your son or daughter to get involved!

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

4:30pm Girls Field Hockey vs St. Mary's (at
Resurrection)
7:00pm Academic awards night

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, go to **Benny's News ► Calendar of Events**.

Miscellaneous

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.

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.

