

TABLE OF CONTENTS

- [Administrative](#)
- [Academics](#)
- [Athletics](#)
- [Clubs](#)
- [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 Newswire 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](#)
[Ms. Laura Varriano Lane](#)

NEXT ISSUE

February 20, 2013

Welcome to a new Semester!

We hope your son or daughter has a great experience this term. New beginnings present new challenges, but they also provide opportunities to achieve and succeed. *Carpe diem!*

Enjoy this issue of the BENN.

– Editor

Administrative

NEWS FROM THE GUIDANCE OFFICE

By MRS. P. KLASSEN

COURSE CHANGES FOR SEMESTER TWO

Guidance is always a busy place, however the start of new semester makes things "extra" busy as we register new students who are joining us this semester and work at making course changes in a timely manner. In order for this to occur, students will need to follow the process that we have in place for course changes which allows counsellors to make the most urgent and necessary changes first, followed by elective change requests. All counsellors have posted their availability and students are encouraged to sign up for an appointment before or after school during the course change period for changes that are not considered to be urgent.

The deadline for changes to second semester courses is February 15, 2013. Any student wishing to make a course change must submit a course changed form, signed by a parent, prior

to this deadline date.

COURSE SELECTION FOR THE 2012-2013 SCHOOL YEAR

Although second semester is barely underway, plans for the next school year are already starting. Beginning next week, counselors will be visiting classrooms to discuss the important process of choosing courses for the 2012-2013 school year. As has been the practice for the past number of years students will be choosing their courses on-line. The course calendar including course descriptions of all of the courses offered at St. Benedict can be accessed at www.wcdsb.ca/planner. Instructions for choosing courses will be forwarded to students next week during the classroom presentations and will also be available in the next edition of the *BENN*. Please note that course selections must be approved by a parent and are due back to the school on Wednesday, February 27.

OUR INTERNATIONAL STUDENT POPULATION IS GROWING!

The number of students studying at St. Benedict with International Student Visas continues to grow. Currently there are 15 students from China studying at our school with the intent to graduate with an Ontario Secondary School Diploma. Three new students have started this semester and one more is scheduled to join us within the next week. Many of these students are enrolled in one class of ESL (English as Second Language) along with a variety of other subjects. They live with families in the Cambridge community who serve as their "home stays" while they are in Canada. If your sons and daughters are lucky enough to be in class with one of these students, encourage them to engage in conversation with someone who is far away from home and welcomes the opportunity to practice their English speaking skills!

PARENT TO PARENT

A MESSAGE FROM PARENT COUNCIL

A parent or guardian must call the school if a student is to be absent for a day. **The call should be made in advance of the absence and preferably made as soon as the parent/guardian is aware that there will be an absence.**

The attendance line will go to voicemail if the call is made after hours or if the line is busy. When recording a message identify the student and yourself, the date the absence will occur, the reason for the absence and spell the student's last name.

If a call to the attendance line is not made in advance of the absence, the student will have to go to the office to get an attendance slip in order to return to class. Placing the call in advance will ensure that the student can return to class as fast as possible.

The direct phone number for the attendance line is (519) 621-4001.

WE ARE HERE TO HELP YOU!

Please feel free to contact your son or daughter's counsellor by phone or by email if you have questions or concerns. Case loads are as follows:

Mr. Michael Ambeau

A - E, ext. 5634
(michael.ambeau@wcdsb.ca)

Mrs. Pat Klassen

F - Laz & Int'l students, ext. 5190
(patricia.klassen@wcdsb.ca)

Mr. Sean Kritz

Le - Pl, ext. 5633
(sean.kritz@wcdsb.ca)

Mrs. Kathy Menjolian

Po - Z, ext. 5635
(katherine.menjolian@wcdsb.ca)

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

PROBLEM SOLVING

Einstein is quoted as having said that if he had one hour to save the world he would spend fifty-five minutes defining the problem and only five minutes finding the solution. This quote does illustrate an important point: before jumping right into solving a problem, we should step back and invest time and effort to improve our understanding of it. What is the most important step in problem solving? ***Clearly defining the problem in the first place!***

THE PROBLEM IS TO KNOW WHAT THE PROBLEM IS

What most of us do not realize—and what supposedly Einstein might have been alluding to—is that the quality of the solutions we come up with will be in direct proportion to the quality of the description of the problem we are trying to solve.

PROBLEM DEFINITION TOOLS AND STRATEGIES

1. Rephrase the problem
2. Expose and challenge assumptions
3. Chunk Up: making the problem more general - use hypernyms Words that have a broader meaning than the given word. E.g. a hypernym of car is vehicle
4. Chunk Down: making the problem more specific – use hyponyms Words that are stricter in meaning than the given one. E.g. two hyponyms of 'car' are 'minivan' and 'limousine'
5. Find multiple perspectives
6. Use Effective Language Constructs - change the expression (E.g. statement to a question)
7. Make It Engaging - add vigor to the problem
8. Reverse the Problem - look at the problem from an opposite direction
9. Gather Facts - Investigate causes and circumstances of the problem.
10. Problem - Solve Your Problem Statement – get the right perspective

BUSINESS STUDIES AND JUNIOR ACHIEVEMENT

BY MR. F. WITTMANN

The Junior Achievement Student Venture program makes a triumphant return in semester 2 as part of the Entrepreneurial Studies class (BDI3C). Students will conceive, plan, and execute all aspects of running their own company in teams of 5-10 students. Mr. Wittmann will be assisted by JA Consultant Kathy Kron - a retired New Zealand business teacher with 30 years experience helping young people start their own business.

MATH CONTESTS

The Pascal, Cayley and Fermat math contests are going to be taking place on February 21. If you are in grade 9, 10, or 11, and are interested in writing the contest, you have until this Thursday, February 7 to sign up with your math teacher, or come to the math office. The cost to sign up is a \$2 deposit, which you will get back when you write the contest.

CALLING ALL ACTORS!!!

BY MS. R. CHARRON

The SEARS FESTIVAL is coming up and we will be holding auditions for the show next Thursday, February 14th, (yes auditions are taking place on Valentines Day).

So show your love for theatre and sign up on the stage door for an audition slot anytime between 2:30 and 4:30pm. Come prepared with a one minute contemporary monologue!

If you cannot make it next Thursday but would still like to audition, please see Ms. Charron in room 219. Merci!

LA BELLE VILLE DE QUÉBEC! (BEAUTIFUL QUEBEC CITY!)

Attention all Grade 10, 11 and 12 French students! Again this year, St. Benedict will be taking students on a four day trip to Quebec City to experience the history and culture of the beautiful city. Are you interested? See Ms. Costa in room 219.

The deadline to sign up is March 2nd but seats for this trip are limited so don't wait and be disappointed.

WATERLOO CATHOLIC SKILLS COMPETITION

What are the Waterloo Catholic Skills Competitions?

- One day competitions where students will create, design, build or fix a project in an area of interest with other students from the Catholic board, and have a chance to win a gold, silver or bronze medal for their accomplishment!
- They are a great way to develop student's skills, learn more about their field of interest and gain some experience in an industry
- Competitions run from during the week of March 25-28, 2013
- Open to all Secondary Students!

Why should students get involved?

- Gain experience & knowledge
- Opens doors for the future
- Develops their SKILLS!
- Great addition to their resume

Who are the competitions for? EVERYONE!

Although the Skills Competition has been focused on traditional technical areas, there are many other competitions which students can participate in including: Website Development, Photography, Graphic Design, Job Interview, Prepared Speech, Hairstyling, 2D and 3D Animation, Culinary Arts and MANY MORE!

For a full list of Skills Competitions or for more information visit WWW.SKILLSWATERLOO.CA

REGISTRATION OPENS: December 1, 2012

REGISTRATION CLOSES: March 1, 2013

Athletics

SENIOR GIRLS CURLING TEAM WIN AT GORE REGIONALS

BY MRS. E. MISSIO


Junior Boys Basketball Saints 41, St. Mary's 36 Saints 73, Woodland 23
Senior Boys Basketball



The St. Benedict Senior Girls Curling team has been having a fantastic season. We are currently undefeated in regular league play.

This past weekend, the team travelled to Bradford Ontario for the Gore Regional Schoolgirl Tournament. After an easy 10-3 win in the first game, the girls went on to face some tough opposition. In the championship game, the Shelbourne team had an early lead, but the Bennies team, led by skip Sabrina Anderson, battled back to win 8-6.

Congratulations to Sabrina, Elanna LaChaine, Kirsten Leusink, Tess Wittman, and Veronica Reitmeier for their consistently strong play and great team spirit. On February 14, the girls will be representing Bennies at the Gore Provincial Championships in Haliburton.

A special honourable mention needs to go to Mr. Doug Leusink for his coaching talents. He has a great knowledge of the game and is not afraid to wear a lucky flower for the team!

Q: Why are curlers such good artists?

A: Because they know how to draw!

Q: What's a curlers favorite kind of food?

A: Take-out!

JUNIOR GIRLS VOLLEYBALL

By Mr. J. Curtis

WEEK 6

Despite injuries to three players and a two-week layoff that made it difficult to get organized on the court, the Junior Girls Volleyball team managed to remain competitive against a tough second-place Woodland Christian, eventually losing in 4 sets (15-25, 17-25, 25-22, 7-25). Abby VanGronigen provided much-needed motivation throughout the match with amazing digs and dives to save points.

For our final home game, the girls gave our loyal fans an exciting match that included a see-saw battle against St. Mary's in which the girls won the second set to set the Eagles on their heels. Kayla Leusink provided the powerful kills and deceptive overhand serves that led the girls to victory. Despite losing the match in four sets (8-25, 25-22, 12-25, 7-25), the girls never gave up and worked hard for every point.

BOYS BASKETBALL SENIOR

By Mr. K. Fratarcangeli

Congratulations the senior boys on another win on Monday against Woodland. The Saints won with a final score of 47 to 19. With the win the boys move to 7 and 3 on the season. Wish them luck as they travel to St. Mary's Wednesday to take on the first place Eagles.

St. Mary's 58, **Saints 33**
Saints 47, Woodland 19

Boys Hockey

CWOSSA QUALIFIER

St. Mary's 8, **Saints 1**
Resurrection 4, **Saints 0**

Junior Girls Volleyball

St. Mary's 3, **Saints 1**
Woodland 3, **Saints 1**

Senior Girls Volleyball

St. Mary's 3, **Saints 0**
Woodland 3, **Saints 0**

JUNIOR

Congratulations to the Junior Boys Basketball team for their 41 to 36 win over St. Mary's. Top point getters for the Saints were Alex Douglas with 11 points and Khiem Tran with 10. This puts the team at 10 and 1 in league play and they have locked up first place for play-offs next week. Plan to be out at 3:30 on Wednesday next week to watch your Saints battle Resurrection for a trip to the District 8 Championship.

HOCKEY GIRLS

BY MRS. L O'NEILL

The girls hockey team will be back in action at The Wave Sweetheart Tournament in Burlington on Thursday February 14th. The last time the girls played in this tournament they brought home the Championship ... can they do it again?!

Practice at the Ice Park Monday February 11th 3pm.

ULTIMATE CLUB

FAST, FUN, EXCITING! Do you want to try a new sport? The Ultimate Club (A.K.A. Ultimate Frisbee) will continue this week 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. New members are welcome!

See Coaches Smukavich, Porto, Betik, or Dufresne for more information.

BEAVER VALLEY SKI TRIP

BY MR. N. DUFRESNE

All students who have taken or are presently taking a Phys-ed course this year are eligible to go on our annual ski trip. This year we are going to the exclusive Beaver Valley Ski Club on February 28th. The \$55.00 cost includes return trip by highway motor coach, lift ticket and lesson. Ski, snowboard and helmet rentals are extra!

All students interested must pick up a registration package from the PHE office and have their forms and money ready for registration which begins Thursday, February 14th during lunch. Spaces are limited so don't delay.

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>.

Clubs

ROBOTICS CLUB

Are you interested in skills Canada virtual robotics competition? Are you interested in Roboticon Lego competition? Robotics Club meets this Friday, February 8 after school in A3.

ROCK CLIMBING

Do you have what it takes to rock? New and experienced rock climbers are invited to a meeting Thursday at the start of lunch in room 316. Rock climbing is a great way to meet new friends, get in shape and challenge yourself in a safe setting. We hope to see you there.
Ms. Novakovich, Mr. Fratarcangelli and Ms. Dutka

DECA Attention DECA members doing individual and team role-plays: There will be a special practice Friday 2:30-4:30 in room 216 to practice role-plays. Please attend!!

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 (room 123) 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 (room 123) Fitness Center open (weight room) Saints 4 Life Club (room 321) Saturday morning cartoons (Sem 2.1) Self Defense and Conditioning club (Gym 1) Science Team (room 314) ** 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 (room 123) Active & Friends (room 106) 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) Wednesdays with Marilyn (room 124) Welding club (Annex room A4)	Anime club (room 210) Cross Country training
Thursday	Breakfast at Benny's	Homework help (room 123) 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)	Women in Motion (Weight room) Yearbook club (room 216) Cross Country training Games club (room 125)
Friday	Breakfast at Benny's	Homework help (room 123) Fitness Center open (weight room)	Cross Country training Doctor Who Video club (room

** 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

COFFEE HOUSE!

On Wednesday, February 13, Benny's will host a Valentine's Day Coffee House at 7:00pm in the cafeteria. Auditions will be held after school on Wednesday, February 6 in the music room. See Mr. Renner for more information.

SECOND SEMESTER PHOTO RETAKES

When: Monday, February 25

Time: All morning.

Where: The Skybox

SEMI-FORMAL

When: Friday, February 22nd, 2013

Time: 7pm to 10pm

Location: The Armenian Hall

Tickets go on sale starting
Tuesday February 5th.

Sales will take place Tuesday, Wednesday and Friday



Other News



MICHAEL W. HIGGINS PHD AND KEVIN BURNS
HENRI NOUWEN, GENIUS BORN OF ANGUISH
EXPLORING A BOOK OF IDEAS
FEBRUARY 8, 2013
C.L. SIEGFRIED HALL | 7:30-9:30P.M.
Free Parking | Wheelchair Accessible

Michael W. Higgins and Kevin Burns, the creators of a 3-part CBC Ideas series and the recent Novalis/Paulist publication: *Genius Born of Anguish – The Life and Legacy of Henri Nouwen*, will take us inside the biography and the accomplishments of the charismatic teacher and gifted writer, Henri Nouwen. They will share their insights into this important and complex figure in contemporary spirituality who, according to Ron Rolheiser OMI, was equal parts genius, artist, tormented soul, and "a saint in progress."

Michael W. Higgins is the author and co-author of over a dozen books, including two award-winning volumes: *Heretic Blood* and *Suffer the Children Unto Me*. He is a former President of St. Jerome's University and is currently Vice-President of Mission and Catholic Identity at Sacred Heart University, Connecticut. He is also the official biographer of Henri Nouwen.

Kevin Burns is an Ottawa-based writer, editor, and researcher with an extensive publishing background in the areas of spirituality, religion, and matters of faith and culture. He is also a seasoned freelance radio producer with documentaries for CBC Radio's *Tapestry* and *Ideas*. He is a member of the Board of Governors of St. Jerome's University.

This lecture is supported by the Waterloo Catholic District School Board.

CELEBRATING 5 YEARS!

**SUMMER
2013
CAMP FAIR**

at Wilfrid Laurier University

Thursday, February 21, 2013 • 5 - 8 p.m.
SCIENCE COURTYARD • WATERLOO CAMPUS • WLU.CA/CAMPFAIR

*An authentic, in-person approach to making
the best camp decision for your child!*

WILFRID LAURIER UNIVERSITY
Waterloo | Brantford | Kitchener | Toronto

LAURIER 
Inspiring Lives!

NEWS FROM THE LIBRARY

IDEA FACTORY

Saturday March 16, 1:30 to 4:30 pm

Clemens Mill Library

Our world is what you MAKE it! This is your chance to be the maker, of anything from comic books to trick photography, high tech gadgets to science experiments, videos and music, and everything in between. This 3 hour exhibition will have you be the maker of great things!

*Register for this program online at <http://www.cambridgelibraries.ca/teens/idea-factory-registration-form> or by calling 519-621-0460.

THE WRITE STUFF!

Tuesday, March 12, 6:30 to 8:00pm

Clemens Mill Library

Love to write? Learn from the pro who knows. Join award-winning author Marsha Skrypuch for a special writing workshop. Participants must register either online at

<http://www.cambridgelibraries.ca/teens/write-stuff-registration-form> or by calling 519-740-6294.

TEEN ZUMBA!

Wednesday, March 13, 3:00 to 3:45pm

Clemens Mill Library

Come get your dance party on and join us for a FREE session of Zumba. Licensed Zumba instructor, Sarah Renner will lead us through an exhilarating 45 minute session. Please wear running shoes and clothing suitable for exercising. No registration required.

Thursday, February 7

2:35pm Girls' Workout club
 2:40pm Games club
 2:40pm Yearbook Club
 2:40pm Making a Difference Club
 3:00pm Boys Hockey vs WODSS at WILMOT

Friday, February 8

11:00am Lost Club
 2:40pm Doctor Who Video Club

Sunday, February 10

DECA provincials

Monday, February 11

8:20am DECA Provincials
 11:00am Art Club
 2:40pm Camera Club
 2:40pm Into the Woods band practice
 3:30pm Jr. Boys Basketball vs Msgr. Doyle
 3:30pm Jr. Girls Volleyball @ Msgr. Doyle
 3:30pm Sr. Girls Volleyball @ Msgr. Doyle
 5:00pm Sr. Boys Basketball vs Msgr. Doyle
 DECA provincials

Tuesday, February 12

7:30am Pancake breakfast
 8:20am DECA Provincials
 8:20am Report card distribution
 8:20am First Aid & CPR-A Certification (day 1 of 2)
 11:00am Self Defense and Conditioning Club
 11:00am Glee club
 11:00am Artistic License
 11:00am Saints 4 Life
 2:30pm U. of Windsor math contest
 6:00pm Badminton club, 6:00-7:30
 SHROVE TUESDAY
 DECA provincials

Wednesday, February 13

11:00am Lost Club
 11:00am DECA Business Club
 11:00am Welding Club
 11:00am ACTIVE and Friends
 11:00am Makeup and costume crew
 2:35pm Anime Club
 2:35pm Reach for the Top
 2:40pm Into the Woods band practice
 6:00pm Sears Drama showcase
 Ash Wednesday liturgy
 ASH WEDNESDAY
 Spirit Day

Thursday, February 14

8:20am First Aid & CPR-A Certification (day 2 of 2)
 11:00am Ultimate Club
 11:00am Glee club
 11:00am Making A Difference Club
 11:00am Eco Team
 2:35pm Girls' Workout club
 2:40pm Games club
 2:40pm Yearbook Club
 2:40pm Making a Difference Club
 ♥ Valentine's Day ♥
 Valentine's activities

Friday, February 15

11:00am Lost Club
 2:40pm Doctor Who Video Club

Monday, February 18

FAMILY DAY

Tuesday, February 19

8:20am Canadian International Auto Show
 11:00am Self Defense and Conditioning Club
 11:00am Glee club
 11:00am Science Team
 11:00am Artistic License
 11:00am Saints 4 Life
 6:00pm Badminton club, 6:00-7:30

Wednesday, February 20

8:20am Computer Programming
 8:20am Graphic Design Training (day 1 of 2)
 11:00am Lost Club
 11:00am Welding Club
 11:00am ACTIVE and Friends
 11:00am Makeup and costume crew
 2:35pm Anime Club
 2:35pm Reach for the Top
 2:40pm Into the Woods band practice
 Spirit Day
 BENN Newsletter release

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, 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.

