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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](#).

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NEXT ISSUE

March 6, 2013

CHAPLAIN'S REPORT

By MR. B. REMPEL

ASH WEDNESDAY

The theme for our Ash Wednesday liturgies was that Ash Wednesday and the season of Lent remind us that doing the right thing is not always the easy thing. The life and death of Jesus remind us that at times we are called to make sacrifices in order to make people's lives better.

Some quotes by Mother Theresa might encourage us to make meaningful sacrifices.

- We cannot do great things, only small things with great love.
- God doesn't require us to succeed; God only require that we try.
- Help one person at a time and always begin with the person nearest you.
- If you can't feed 100 people, feed one.
- Peace begins with a smile

JEANS FOR TEENS

The #1 thing homeless teenagers want is jeans. We collected 311 pairs of jeans in 2 days! Those jeans will go to organizations working with homeless teenagers. This is the third year we have partnered with Aeropostale on this important initiative.

Administrative

NEWS FROM THE GUIDANCE DEPARTMENT

By MRS. P. KLASSEN

COURSE SELECTIONS FOR 2013 - 2014

For the past week, counsellors have been visiting classrooms to discuss the important process of choosing courses for the 2013 - 2014 school year. The decisions that students make now regarding their choices for next year are what drive the scheduling decisions that are made with regard to both the courses and the numbers of sections that we offer at the school next year. The importance of making the right choices should not be underestimated as

THIRSTING FOR JUSTICE

When I'm watching TV and I'm thirsty, it's a huge hassle for me to stop watching, get up walk all the way to my tap and turn it on to get my nice fresh water. That is a First

inappropriate course changes are not always easily corrected once the school year is underway.

As has been the practice for the past number of years, students will be choosing their courses on-line through Career Cruising. All students have received detailed instructions regarding the process for choosing their classes. The site can be accessed as follows:

1. Go to the Career Cruising website:
<http://www.wcdsb.ca/planner>
2. Your username is the prefix "wl-" plus the last 5 digits of your student ID and the first 3 characters of your last name.
3. Your password is your birth date. (mmddyyyy) For example, if your birthdate is August 25, 1990 your password will be 08251990. You will be asked to change your password when you log in for the first time.

Please note that course selections must be submitted to the school and signed by a parent, by Wednesday, February 27. Students are encouraged to consult the course calendar, as well as subject specific teachers and guidance counsellors for help making the correct decisions. In addition to before school, after school and during the school day, guidance counsellors will also be available in Room 224 during lunch on all days except Friday, February 22 leading up to the course selection deadline.

World Problem. The Third World Reality is that women spend a cumulative total of 200 million hours collecting water for their families, every day. This Lent we at St. Benedict's are going to create change. The mission collections all throughout Lent are going towards the *Free the Children clean water initiative* to help get clean fresh water to those who need it.

Every Thursday, let's create positive change by giving our change to missions.

Academics

ENRICHING THE LIVES OF STUDENTS

BY MRS. D. WITTMANN

BLOOM'S TAXONOMY OF LEARNING DOMAINS

The Three Types of Learning

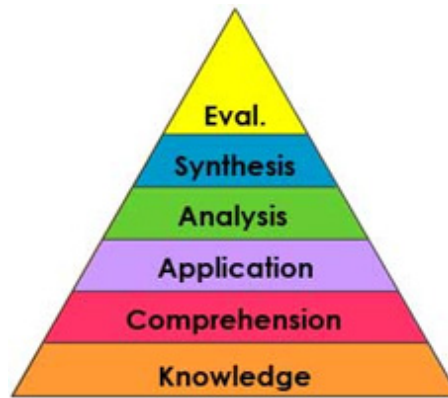
There is more than one type of learning. A committee of colleges, led by Benjamin Bloom (1956), identified three domains of educational activities:

- **Cognitive:** mental skills (Knowledge)
- **Affective:** growth in feelings or emotional areas (Attitude)
- **Psychomotor:** manual or physical skills (Skills)

In 1956, Benjamin Bloom headed a group of educational psychologists who developed a classification of levels of intellectual behavior important in learning. During the 1990's a new group of cognitive psychologists, lead by Lorin Anderson (a former student of Bloom), updated the taxonomy to reflect relevance to 21st century work. The two graphics show the revised and original Taxonomy. Note the change from nouns to verbs associated with each level.



New version



Old version

CO-OPERATIVE EDUCATION INFORMATION

BY MRS. M. CROWELL

Well it is option sheet time and you may be thinking about a co-op placement or one of our specialized co-op programs. Well we are here to help.

For any co-op program you choose in career cruising you then need to complete an application form and 2 teacher reference forms (available in coop or guidance). Get these handed in by Friday, March 8 at the latest.

After March Break we will start conducting interviews for acceptance -we are looking for good attendance, punctuality and maturity that shows you are ready to spend time in a workplace. If you have questions please see Mrs. Crowell or Mr. Jankura. Pop by the co-op office on the second floor (near the elevator) or see us in the atrium on Fri Feb 22 or Mon Feb 25 during lunch. For more information on the many programs available you can also check out the coop page at www.wcdsb.ca.

Athletics

BOYS BASKETBALL SENIOR

BY MR. P . RONZIO

The Senior Boys Basketball team played a tough semi-final game against our arch rivals from Resurrection. Despite a 19 point effort from Tyler Moulton, the boy's season came to an end as they lost to the host Phoenix. The guys had a great season, dealt with some adversity, and represented our school in an excellent manner. Special shout outs go to Brendan Flannigan and Pot Moses, who played their last games for St Benedict's.

As a coaching staff, we are especially proud of the work these guys put in all season. Thanks again for the support this season! From coaches Ronzio, Lopez, Richards, and Fratarcangeli.

JUNIOR

BY MR. J. MALNERICH

BENN BOX SCORES

Junior Boys Basketball

Saints 66, Msgr. Doyle 41
SEMIFINALS

Saints 68, Resurrection 55
PLAYOFF FINAL

St. Mary's 38, **Saints 36**

Senior Boys Basketball

Saints 52, Msgr. Doyle 45
SEMIFINALS

Resurrection 60, **Saints 39**

Boys Ice Hockey

CWOSSA QUALIFIER

Msgr. Doyle 4, **Saints 4**

St. David 2, **Saints 0**

St. Mary's 4, **Saints 2**

Junior Girls Volleyball

Msgr. Doyle 3, **Saints 2**

Senior Girls Volleyball

Saints 3, Msgr. Doyle 0

The St. Benedict Junior Saints competed in the Champion Junior Boys Showdown this past weekend in Brampton against some stiff competition which included the two hosts St. Edmund Champion and St. Marguerite D'Youville. The Saints were faced with a very tough opponent in their first match-up against Assumption (Burlington) who were coming off a tournament weekend in which they had previously defeated D'Youville. The Saints used some hot shooting from Zubair Seyed to power themselves to a 26-25 halftime lead, but found themselves facing some hot shooting in the second half. Kris Rotterman of Assumption came out with the hot hand in the second half, helping Assumption by coming up with key steals down the stretch and turning them into some timely fast break points. The game came down to the final 2-minutes, with Assumption narrowly holding on for the 50-42 victory. Zubair Seyed lead the Saints with 17 points, while Kris Rotterman powered Assumption with 20 points.

The Saints second game had them competing against a tough Michael Power (Toronto) squad which featured a starting line-up consisting of three players over 6'4. With a clear disadvantage underneath the basket, the Saints all hit the glass hard helping keep the game close in the first half with Michael Power holding a 32-31 lead at halftime. In the second half, the Saints had both Khiem Tran and Justin Malernich heat up from outside the arc, helping the Saints hold a 5-point lead with 4 minutes to go in the 4th quarter. However, Michael Power went back to their inside game to pull ahead by a basket with just 50 seconds to go. The Saints put up a valiant effort, but were on the losing side of the 58-53 score. Khiem Tran lead the way for the Saints with 15 points.

In the third and final contest of the weekend for the Saints, they faced an athletic squad in James Cardinal McGuigan (Toronto). The Saints used a solid defensive effort, along with some timely shooting to pull out a 57-47 victory. Alex Douglas lead the way for the Saints with a 16-point effort.

The Saints headed into last week with their final regular season game against Monsignor Doyle on Monday, and then set their sights on a home court match-up with the Resurrection Phoenix in the D8 semi-finals on Wednesday afternoon.

The boys beat Resurrection in their semi-final game. They had a strong fourth quarter to pull out the 68 to 55 win. Alex Douglas led the way with 28 points and Khiem Tran chipped in 16. This win puts the Saints in the District 8 Finals at the University of Waterloo on Friday night.

The boys fought hard Friday night, but after a see-saw battle the boys came out on the short end of a 38 to 36 defeat at the hands of St. Mary's. They thank all their loyal fans who made it out to University of Waterloo to cheer them on.

The boys have one more crack at qualifying for CWOSSA as they travel to Guelph to take on JF Ross at 4pm on today. They win this one and they are in the Regional tournament. Good luck Saints.!!

GIRLS VOLLEYBALL

All Junior and Senior Girls Volleyball players must attend an important meeting this Friday at lunch in Room 307. If any girls are unable to attend, they must talk to their coach before Friday.

JUNIOR GIRLS

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.

In the last game of the season, the Junior Girls Volleyball team travelled across town to meet our traditional rivals, Monsignor Doyle. The team played their hearts out, starting strong in the first set (25-10), then a seesaw battle ensued where each team traded sets with the same score (16-25, 25-16). Led by the powerful serves of Victoria Enright and consistent setting from Hayley Hanson, the girls fought hard in the fourth set, but lost (11-25). In the fifth set, the one-point lead traded back and forth until 11-10 when Doyle scored four unanswered points in a row to win the match.

Over the season, these impressive young ladies represented St. Benedict with pride, overcoming injuries and hardships with determination and perseverance, fighting hard for every point in every set. Our graduating players, such as Madi Kerr, Kayla Leusink, Hayley Hanson, Patrice Oliveira, and Alyssa Mason, will obviously have a positive impact on our Senior Girls next year, while our strong Grade 9s will continue to build a solid foundation for our Junior Girls team next year.

GIRLS CURLING

BY MRS. E. MISSIO

Last week our girls curling team placed 5th overall at the Gore Provincial Championships. They represented Benny's very well, battling some tough teams and an even tougher flu bug. Our vice, Elanna La Chaine won the first all star team award for best percentages! Way to go girls!

JUMP, THROW, SPRINT, RUN

Track and Field is lots of fun!

Indoor practices begin this Thursday, February 21, 2:45 - 3:45, and then continue Mon/Wed/Thurs. Please meet in the phys ed hallway dressed to workout. Questions? Please see Mr. Wittmann.

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

DECA

BY MR. F. WITTMANN

DECA stands for Demonstrating Excellence, Celebrating Achievement. Congratulations to all 42 students who attended the provincial championship in Toronto February 10-12 to test out their business skills. Four students had a top-20 oral presentation - congratulations Deanna Laparan, Ferhan Siddiqui, Julia Wittmann, and Jason Wozniak! Many thanks to our presidents who helped guide the club: Kennedy Thompson, Winona Roach, Jason and Lucas Wozniak! Good luck to those who will attend the leadership conference in California.

PUZZLES CLUB

BY MR. A. MILARDOVIC

The mind is like any other muscle of the human body: in order to get it to perform to its greatest potential, it needs be exercised, flexed... challenged! The Puzzles Club is the ideal place for students to flex their mental muscle with a plethora of puzzles, from word searches and crossword puzzles to sudoku and other math and logic puzzles.

Puzzles club this semester meets lunch time in room 214 on a drop-in basis, if you ever have the need to massage your mind, drop by and see us! Bring your puzzles, or grab one of our many puzzle books; challenge your friends, and build your brain power!

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	Art club (room 217) Fitness Center open (weight room) Saturday morning cartoons (Sem 2.1) Intramurals: indoor soccer (gym)	Camera club (room 216) Cross Country training
Tuesday	Breakfast at Benny's	Artistic License (room 303) 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	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	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	Fitness Center open (weight room) Lost club (room 125) Saturday morning cartoons (Sem 2.1) Intramurals: volleyball (gym)	Cross Country training Doctor Who Video club (room 226)

** 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

Other News

8th Annual
Bishop's Banquet

Proceeds to Support : Faith Formation Programs
Within The Waterloo Region Catholic Schools


WATERLOO REGION
CATHOLIC SCHOOLS
FOUNDATION

Wednesday • May 8th • 2013 • 5:30pm

Catholic Education Centre • St. Mary's Parish Hall
35 Weber Street West • Kitchener • Ontario
(corner of Weber St. W and Ontario St.)


Silent Auction

Information & Tickets - Please Contact Melody Grominsky Tel: 519.578.3660

A charitable receipt will be issued for a portion of the ticket price.

Upcoming Events

Wednesday, February 20

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

Thursday, February 21

8:20am Math Contests
8:20am Graphic Design Training (day 2 of 2)
8:20am Smart Serve Training
8:20am Specialized Care Training: Dementia
11:00am Ultimate Club
11:00am Glee club
11:00am Making A Difference Club
2:35pm Girls' Workout club

Thursday, February 28

8:20am Self-defense training
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
3:00pm Rock Climbing Club

Friday, March 1

Professional activity day

Monday, March 4

11:00am Art Club
2:40pm Camera Club
2:40pm Into the Woods band practice

2:40pm Games club
2:40pm Yearbook Club
2:40pm Making a Difference Club
3:00pm Rock Climbing Club
7:00pm Parent Council meeting

Friday, February 22

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

Monday, February 25

11:00am Art Club
2:40pm Camera Club
2:40pm Into the Woods band practice

Tuesday, February 26

8:20am Energy Efficiency of a Home
11:00am Self Defense and Conditioning Club
11:00am Glee club
11:00am Artistic License
11:00am Saints 4 Life
6:00pm Badminton club, 6:00-7:30

Wednesday, February 27

8:20am Stage Combat Training
8:20am Info & Comm Tech Zoom Career Day
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

Tuesday, March 5

8:20am Gel Nail Course
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, March 6

8:20am Gel Nail Course
8:20am Leadership & Personality Development Training
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.

