St. Benedict C.S.S., 50 Saginaw Pkwy, Cambridge, ON N1R 5W1

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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 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**

May 8, 2013

## Reaching a Milestone

#### The 100th Issue of the BENN Newsletter

BY MR. A. MILARDOVIC, EDITOR

Today is like every other second Wednesday. Here is your BENN newsletter. But it was time for a change. A revamp. An upgrade. Retooling. Today's BENN is *new and improved*, call it the BENN 2.0. We struck fear in the hearts of our administrators with talk of a renaming and rebranding, and (not just so that Mr. Witt can rest easy) the BENN will still be called the BENN.

Putting together this newsletter is not without challenges, and I am grateful that I am surrounded by a team that is up for that challenge. My BENN staff, who does a lot of the behind-the-scenes work to make assembly easier. Teachers and students who write (especially our regulars!) help us proclaim what St. Benedict is all about. Our Admin team empowers us, guides us, and directs us.

Your sons and daughters are the reason we do what we do. You—and your interest in what we do—is what drives us to ensure that you have that information, using the BENN as our vehicle.

Five years ago we made a bold decision to eliminate the report card newsletter. It wasn't timely, and paper usage had a major impact on the environment, not to mention cost. We are pleased that you have embraced the BENN, which provides timely information on events at St. Benedict's.

Your feedback is always welcome and most appreciated. Thank you for supporting us to reach 1000 subscribers, and for being with us for at least a part of the past 100 issues. I am truly blessed to be able to share the St. Benedict experience with you.

#### **Administrative**

# Catholic Education Week: Growing Together in Faith

By Mrs. De Frias

St. Benedict's CSS will celebrate Catholic Education Week 2013 from May 6–10th. The theme for this year is "Growing Together in Faith". Catholic schools are communities.

Catholic schools are faith communities. We – parents, students, teachers, administrative and support staff – walk and grow together in the faith which we received at our Baptism. And it is the 'together' that we grow. And as we learn from nature, growth relies on sun and water and nutrition. Otherwise, it may fade away and even die. Our growth is primarily a relationship with God, who at our Baptism, called us by name.

But the response of each of us to that growth is both personal and communal. We grow in our faith in the nurturing atmosphere of our Catholic community be that of our local parish, our home, or our Catholic school community.

During this week we will be celebrating an Easter mass as a community. St. Benedict's will also be welcoming several guest speakers to discuss social justice issues in our local and global community. Issues such as human trafficking, poverty, and dignity of the human person will be addressed. Students will also be holding a 24 hour fast to raise money for water issues in our world.

## Catholic Education Art and Creative Writing Contests

The Catholic Education Art and Creative Writing contest is open to all students. Express why you like attending St. Benedict's by submitting artwork, poetry, or a reflection to Mrs. De Frias. Contest closes Wednesday, May 1 and you can win a prize! Check out Ranger or posters around the school for more information.

There is also an Art and Creative Writing

Contest open to all students where they have an opportunity to express why they attend a Catholic School. This is an exciting week with a lot of events that will help to grow and celebrate our Catholic faith and to nurture all the faiths of our students.



#### **E-ALERT**

#### **Revision to May OSSLT Date**

Please be advised that the previously communicated date of May 15, 2013 issued by EQAO for the second administration of the Ontario Secondary School Literacy Test (OSSLT) has been RESCHEDULED TO TUESDAY MAY 14, 2013. We apologize for any inconveniences this may cause.

Education Quality and Accountability Office, www.eqao.com

#### **News from the Guidance Department**

BY MRS. P. KLASSEN

## Attention Grade 12 Students Planning to Attend Graduation in June!!

All grade 12 students who are planning to attend the Graduation Ceremony this June are reminded that graduation registration forms and fees are due to the guidance office by Friday, May 3. After years of holding the Graduation Ceremony in October, St. Benedict is moving to a

June Graduation date this year. The Graduation Ceremony for the class of 2013 will be celebrated on Wednesday, June 26 at Conestoga College in the Recreation Complex. The change of venue was needed to accommodate what we hope to be a higher number of graduate attendees, as well as to provide guests with the comforts of an air conditioned facility. All grade 12 students who have not completed their community service hours are reminded that this is a requirement for graduation and are encouraged to take care of this important detail as soon as possible. Students who have not completed their community service hours prior to the graduation ceremony on June 26, will not be eligible to participate in the graduation ceremony.

## Are you looking for ways to complete your Community Service Hours?

If the answer to the above question is "yes," consider the following up-coming opportunities:

- 1. The 8th Annual Hot Shots Street Hockey Tournament in support of Family and Children's Services Foundation will take place on Saturday, May 11. All proceeds from this event go to support camp and recreational opportunities for abused and neglected children in the Waterloo Region. Volunteers are needed for many duties including ticket sellers, crafts, set up and take down, parking, referees, face painting and supervision. Please contact Candi Harrington at 519–576–1329, ext. 3145 or candi.harrignton@facswaterloo.org for more information.
- 2. Healthy Heart Day is a community event designed to promote awareness of cardiac risk factors and how improving our lifestyle can benefit our heart. This event will be held at St. Benedict on Saturday, April 27 and organizers are in need of volunteers to help with set up the day before, as well as with registration and take down on the day of the event. Volunteers are also welcome to take part in the workshop, as well as to join in the survivor's lap. Interested volunteers should contact Kalena, Alison or Neala at 519–624–3511 after 5 PM. Be prepared to provide your name, phone number and email address.
- 3. The Cambridge Highlands Lions Club is pleased to partner with the Cambridge Forbes Park Music Festival on Saturday, July 6, 2013. They are looking for volunteers to help organize and run children's activities during the day. For further information, please contact cambridgehighlandslions@a15lions.ca
- 4. The City of Cambridge is seeking volunteers to help with a wide variety of special events that are hosted by the city. These events include the Cambridge Arts Festival, Cambridge Riverfest, Cambridge Tour of the Grand, Mayor's Celebration of the Arts, Canada Day Celebrations, Forbes Park Music Festival, Cambridge Highland Games, Mill Race Folk Festival and Rock the Mill. Volunteer jobs include children's activities, site set up and take down, stage hand help, ticket collection, parking and working in the information booth. Contact Wanda Schaefer–Stilling at 519–740–4681, ext. 4603 or email volunteer@cambridge.ca for more information.
- 5. Wilfrid Laurier University, Faculty of Education is seeking volunteers, aged 16 and older to participate in their Summer 2013 Enrichment Day Camps. These camps, which run from July 8 12 and July 15 19, are geared to gifted and highly able campers in Grades 1 9. The LEAP (Laurier Enriched Academic Program) camps are designed and led by certified teachers, and offer challenging programming in an engaging environment. This would be

a fantastic opportunity for anyone who is considering teaching as a future profession as you will be assisting the leaders in all aspects of the program. Application forms are available from Mrs. Klassen in the guidance office or can be found at www.wlu.ca/leap. If you are interested in volunteering, but have difficulty committing to all of the camp days, they will be glad to work around your schedule.

#### **Summer School**

Summer school will be available this summer for St. Benedict students through the Waterloo Region District School Board, our coterminous board. Make-up credit courses will be offered at Jacob Hespeler Secondary School in Cambridge and Cameron Heights Secondary School in Kitchener.

A selected number of new credit courses will be offered at Jacob Hespeler Secondary School in Cambridge, Sir John A. Macdonald Secondary School in Waterloo and Bluevale Collegiate in Waterloo.

Classes will begin on Wednesday, July 3 and will run until Friday, July 26. Make-up courses are 3 hours in length, either morning or afternoon, while new credit courses are 6 hours in length, not including a 30 minute nutrition break. Students can register for a maximum of 2 make up credits or on3 new credit course. More information regarding summer school course offerings and registration is available in the guidance office. Please note that students interested in taking a new credit course in summer school must register by June 13. Students planning to take a make-up course have until June 26 to register. See guidance for more information.

#### What are your plans after High School?

It is never too soon for students to start to consider what their best options are for life following high school. The following web sites provide a wealth of information regarding the various pathways and options available to students. Check them out!

www.ontariocolleges.ca — Information about Ontario Colleges and Programs

www.electronicinfo.ca — Electronic Guide to Ontario University Programs

www.apprenticeshipsearch.com

www.careersintrades.ca

www.cambridgecareerconnections.com

www.skillsontario.ca

#### **Academics**

# **Enriching the Lives of Students**

Upcoming Enrichment
Opportunities for 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 <u>St. Benedict Clubs & Teams</u> in ClassNet.

Also, check out <u>IDC4U - Interdisciplinary Studies</u> <u>for Autonomous Students</u>.

## Attention all grade 10 & 11 students!

Remember to pick up your Link Crew application from Guidance this week! Fully completed forms are due back in Guidance next Tuesday, April 30th by 2:45pm!

We are looking forward to having YOU on our team :)

#### BY MRS. D. TRENTINI

The WCDSB Gifted Department is sponsoring two enrichment excursions this spring. These field trips are open to students working on gifted IEPs, students enrolled in "enriched" or AP courses and academic stream students of high standing.

## Chicopee's Leadership Program on Tuesday June 4, 2013

Chicopee offers students the opportunity to "explore the skills that good leaders utilize to be successful in the game of life." Students will explore these skills then partake in a set of activities that use these skills in meaningful ways. The day will culminate with a facility wide challenge.

Time: 9:00 – 3:00, cost: \$25, transportation: bus for Cambridge students.

# Canadian Medical Hall of Fame's "Discovery Days" on Tuesday May 27, 2013

For those interested in the exciting field of medicine and health sciences, this day at McMaster University offers students opportunity to "hear an inspiring keynote lecture, take part in interactive workshops and join in an interactive experiment demonstration". Registration is limited to 5 students per school at this popular event so please sign up early!

Time: 7:30 – 4:00, cost: none, transportation: provided by WCDSB.

If you are interested in either trip, please see Ms. Trentini. Registration is on a first-come, first-served basis. More detailed information will provided for the individual excursions once you are registered.

### **Biology Students On the Hunt for Bugs!**

The grade 12 biology class has been selected to take part in a province-wide genetics program through the Ontario Genomics Institute.

The Biodiversity Institute of Ontario (BIO) has teamed up with 60 schools from across Ontario to explore the insect diversity in their schoolyards through DNA barcoding, a genetic technique for identifying organisms.

Using a Malaise trap – a tentlike apparatus for collecting insects – we hope to collect a large variety of insect specimens, that will then have their DNA scanned and posted in an online library for all to see. Students set up the trap last week and our bug collecting session runs until Friday, May 3rd.

We were recently visited by the BIOBus, a mobile field laboratory (it looks strikingly similar to an RV), and students were introduced to the life of a field biologist and DNA barcoding.



Students pose with the BioBus.

# Six students advance to Ontario Technological Skills Competition

By Mrs. M. Crowell

On Tuesday May 7 the following students will compete at the provincial level of Skills Canada at RIM Park. This is a fascinating event that is



open to the public so check it out if you can. Best of luck to our St. Benedict competitors—results to follow!

Kennedy Baker - Restaurant Service Jordan Tamborine - Culinary Arts

Tully McWatters & Julia Wittmann - TV Video Production (team of 2)

Curtis Collins & Corey Zimmer - Virtual Robotics (team of 2)

At the regional qualifying competition (Apr 20 at Fanshawe College) our students in qualifier required competitions were able to advance by finishing in the top 3 students competing from a whole regional group of school boards.

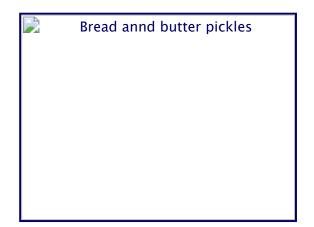
Julia Wittmann and Tully McWatters finished second in TV/Video production (team of 2). Jordan Tamborine

Jordan Tamborine at work in the kitchen.

finished third in the culinary competition. This is especially exciting as we have never sent a culinary student to the provincial level!! Kennedy Baker advanced by winning at the regional level in March. Curtis Collins & Corey Zimmer – Virtual Robotics (team of 2) get to go directly to provincials as there was no regional competition.

#### **Tales from Technology**

BY MRS. L. O'NEILL



The Grade 12 Hospitality class was busy canning last week. They are creating homemade pickles. It is quite the process to can and the students had an assembly line going to make sure all the steps were met.

► Grab a copy of the recipe from the Canadian Living website



The Grade 11 Hairstyling and Esthetics class had an exciting contest last week. Students were given the challenge to create an updo worthy of the Oscars. They were given 4 dresses to choose from and had to create an original, balanced, harmonious updo with ornamentation. Voters chose their favourite and the winner was Katrina Saulnier. Honourable mention goes to Amanda Braga and Kurryn Bradley–LaPierre. Well done ladies!



#### Mini WE Day at St. Benedict

By Mrs. M. Rocha

On April 22, The Making A Difference Club hosted the first ever mini WE Day at our school. Every student at the school experienced this fun, inspiring and informative assembly.

The mini WE Day focused on the global water crisis and challenged the attendees to really reflect on their daily use of water and how lucky they are to have access to clean water. The video clips, the slide shows, the performances and the guest speakers challenged the audience to take action and work towards bringing clean water to those who do not have access to it.

A special thank you to Caroline Kingston, a Free the Children outreach speaker, who gave of her time and wisdom to present us with some very real stories and facts about developing countries. She also taught us how we can get involved in Free the Children's many impactful campaigns to bring about positive change in our local and global community.

From April 23 to 26, the Making A Difference Club is providing the staff and students the opportunity to help us fundraise for clean water by leading fun activities in the atrium during lunch, such as manicures, arm wrestling with a teacher and even taping a teacher to the wall! The club is also running the overnight fast for clean water which is taking place from Friday May 3– Saturday May 4.

St. Benedict's continues to make a difference! There is no stopping us now! Great work Bennies!!!

#### **Athletics**

# Badminton Team District 8 and CWOSSA Results

By Mrs. S. Adach

Reluctantly we put away our shuttles and racquets for another season.

The badminton team represented St. Benedict's with great pride and athleticism in the Spring 2013 season. At District 8

competitions our Senior team was once again favourably represented by Harold Lam, winning 2nd place in the Men's Singles competition, securing him a spot in CWOSSA. Harold progressed to the quarter finals at CWOSSA but was not able to secure a spot for OFSSA. Our Senior Women's Doubles team of Amanda Livingstone and Krystal Dias competed fiercely for a spot in the semi-finals at District 8, but were unable to progress to the Regional competition held at Conestoga College on April 16.





In the Junior Girls Doubles competition the team of Kayla Leusink and Ashleigh Brimo placed second, winning the opportunity to represent the Saints at CWOSSA as well. At CWOSSA, the competitors held their ground to gain many wins, but were eventually prevented from entering OFSSA competition in Chatham this year.

The entire team represented our school very favourably and we were proud to coach a great group of student athletes.

Congratulations on a fine season! From coaches Reis and Adach.

#### **Girls Golf**

BY MR. D. SEGUIN

There will be a very important meeting for any girl interested in playing girls golf Thursday April 25th in Room 106. Come join the team that gets you out into the sunshine to play the toughest sport on the planet. We are still looking for a couple more ladies to join the team.

# Stay up to date with District 8 Sports

Now receive sports updates in your email or on your mobile device!

The new <u>District 8 website</u> 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 <a href="http://district8.ca/admin/emailSignUp.php">http://district8.ca/admin/emailSignUp.php</a>.



#### **Ultimate Frisbee Club**

BY MR. N. BETIK

The Ultimate Club (Ultimate Frisbee) will continue to have outdoor practice on Friday after school. Meet in the P.E. area with your outdoor clothes including cleats.

As usual we will continue our Thursday lunch hour practice in the gym.

The Club is open to females and males from grade 9–12. We are particularly excited to have new and young players join us.. The club is actively looking for more female players to round out our roster. New members are welcome!

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

#### Student Activities

#### Coffee House for BeADonor and Kayla Baker

BY KENNEDY THOMPSON

On Wednesday, May 8th at 7pm, St. Benedict C.S.S will be hosting a Coffee House for BeADonor in celebration of Kayla Baker's New Lung! There is a \$2.00 entry fee and all proceeds will go to the organization in order to help people in similar situations as Kayla.

Artist such as Lights, Marianas Trench, Simple Plan, One Direction, Olly Murs, Little Mix, Cody Simpson, Demi Lovato, and Ed Sheeran have donated some of their merchandise for this event! To win these prizes, you can buy raffle tickets, 10 for \$5.00 for a chance to win.

We are still looking for merchandise if you would like to donate. We are especially hoping local businesses will donate some products so we can raise money to help the corporation that helped Kayla. We hope to see you all at the event! If you have any questions please contact Student Council.

- ► Visit BeADonor.ca
- ► Visit Kayla's page for the RunALung on May 3



Other News

# C L B \$500 Learning Bond For your child's future



- Was your child born on or after January 1, 2004?
- Do you receive the National Child Benefit Supplement?
- Your child is eligible for \$500 \$2,000 of free money for their education!

The Canada Learning Bond is a Federal Education Grant. Bring identification for yourself and your child to sign up!

- ☐ Birth Certificate OR Canadian Status Document OR Drivers License AND
- ☐ Social Insurance Number

Your child doesn't have a Social Insurance Number (SIN)? No problem! Sign up for a SIN on the spot with Service Canada. All you need to bring is your child's Birth Certificate or Canadian Status Document.

#### Cambridge

When: Thursday May 23<sup>rd</sup>, 2013 10:30 a.m. – 3 p.m. Where: 150 Main St., 1<sup>st</sup> floor,

Boardroom

#### Waterloo

When: Thursday May 30<sup>th</sup>, 2013 10:30 a.m. – 3 p.m.

Where: 99 Regina St. S., 1<sup>st</sup> floor, Employment Resource Area

#### FREE MONEY. FOR YOUR KIDS. YES, REALLY.

And it won't affect your Ontario Works or Ontario Disability Support Program benefits.



#### EXPRESS | EXCHANGE | SHOWCASE | CELEBRATE





## YOUR COMMUNITY. YOUR TALENTS. YOUR WEEK. Students Pump-Up the ARTS with NATIONAL YOUTH ARTS WEEK

Cambridge Youth Art, Drama, Exhibitions & everything in between



City of Cambridge, Langs Community Centre, St. Benedict Catholic Secondary School, Preston High School, YMCA, Galt Little Theatre, Retro Rocket Comics, Studiocomixs, Cambridge Neighbourhood Associations, NVIFF



www.cambridgelibraries.ca/teens/ideas/NationalYouthArtsWeek www.cambridgegalleries.ca • youthartsweek.ca





Check Out the Live Performance Stage @ Centre Court, Comix Mural, Photo Bomb Booth, Door Prizes, Contests and FREE Give-A-Ways





LIVE ON STAGE: St. Benedict CSS Students, Gait Little Theatre Youth Group, YMCA Newcomer Youth Theatre & Cambridge Youth Performances

CAMBRIDGE ON EXPO. You't Viburities Challenge Cambridge, You'th Neighbourhood
EVERY EVENT Info, Ratro Rocket Comics, Studiocomics & Tean Art Exhibition





#### **Upcoming Events**

#### Thursday, April 25

- 11:00am Ultimate Club
- 11:00am Glee club
- 11:00am Making A Difference Club
- 11:00am Eco Team
- 11:00am Puzzles club
- 2:00pm Track and Field Maxi meet #1
- 2:35pm Girls' Workout club
- 2:40pm Games club
- 2:40pm Yearbook Club
- 2:40pm Making a Difference Club
- 2:45pm Girls' Fitness Club
- 3:00pm Rock Climbing Club

#### Friday, April 26

- 8:20am Environment Zoom Career Day
- 11:00am Lost Club
- 2:40pm Doctor Who Video Club
- 2:40pm Hip Hop Dance Crew

#### Monday, April 29

- 11:00am Art Club
- 11:00am Saints 4 Life
- 2:30pm Sr. Boys Soccer vs Resurrection
- 2:40pm Camera Club
- 2:45pm Fitness Club

#### Saturday, May 4

Outers Club Spring Hiking Trip

#### Sunday, May 5

Outers Club Spring Hiking Trip

#### Monday, May 6

- 11:00am Art Club
- 11:00am Saints 4 Life
- 2:40pm Camera Club
- 2:45pm Fitness Club
- 3:30pm Sr. Boys Soccer vs Rockway
- Musica Monday

#### Tuesday, May 7

- 8:20am Recording Equipment
- 8:20am Recording Equipment training
- 11:00am Self Defense and Conditioning Club
- 11:00am Glee club
- 11:00am Artistic License
- 11:00am Puzzles club
- 2:45pm Fitness Club
- 6:00pm Badminton club, 6:00-7:30

#### Wednesday, May 8

- 11:00am Lost Club
- 11:00am Welding Club

#### Tuesday, April 30

8:20am Report card distribution

8:20am Conflict Resolution & Lifting Techniques

11:00am Self Defense and Conditioning Club

11:00am Glee club

11:00am Science Team

11:00am Artistic License

11:00am Puzzles club

2:45pm Link Leader forms due

2:45pm Fitness Club

6:00pm Badminton club, 6:00-7:30

#### Wednesday, May 1

8:20am Zoom Into the Workplace conference

11:00am Lost Club

11:00am Welding Club

11:00am ACTIVE and Friends

11:00am Puzzles club

2:35pm Anime Club

2:40pm Hip Hop Dance Crew

2:45pm Fitness Club

3:30pm Sr. Boys Soccer vs Pere Rene

Spirit Day

#### Thursday, May 2

8:20am Photography Techniques Training

11:00am Ultimate Club

11:00am Glee club

11:00am Making A Difference Club

11:00am Puzzles club

2:35pm Girls' Workout club

2:40pm Games club

2:40pm Yearbook Club

2:40pm Making a Difference Club

2:45pm Girls' Fitness Club

#### Friday, May 3

8:30am Track and Field Track Wars

11:00am Lost Club

2:40pm Doctor Who Video Club

2:40pm Hip Hop Dance Crew

Co-president applications due

Outers Club Spring Hiking Trip

11:00am ACTIVE and Friends

11:00am Puzzles club

2:35pm Anime Club

2:40pm Hip Hop Dance Crew

2:45pm Fitness Club

4:45pm Sr. Boys Soccer @ Woodland

7:00pm Coffee House

**Eastertide Mass** 

Spirit Day

BENN Newsletter release

#### Did you know?

# There are over 1900 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 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 <u>email us</u> 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 <u>email us</u> 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  $\underline{\text{http://stbenedict.wcdsb.ca}}$  for news and information updates.



