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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

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Next Issue

May 22, 2013

Into The Woods Premiers Tonight!



Wednesday, May 22

Thursday, May 23

Friday, May 24

7:00pm

Tickets

\$5 Youth, \$10 Adults

Administrative

Me to We Speaker Spencer West Makes Presentation at St. Benedict's

BY KENNEDY THOMPSON

After just finishing his 300km Walk 4 Water last Thursday, inspirational speaker Spencer West visited Benny's today. Though Spencer's legs were amputated just below

his hips at a young age, he has proven himself totally capable of accomplishing all day-to-day tasks.

He has used his story of perseverance and strength to motivate and inspire others in the local and global community to start changing the world. He has been working with Me to We and Free the Children for years, participating in mission trips and most notably, climbing to the



top of Mount Kilimanjaro in June of last year with his two best friends for his Redefine Possible initiative.

He came to Benny's with humorous, thought-provoking stories set to encourage students and staff alike. He has inspired us to strive to do what we are called to do, especially if we can do it to make a positive change in society.

► [Watch one of Spencer West's talks](#)



Catholic Board Seeks Input from First Nation, Métis, and Inuit Students and Parents

NEWS RELEASE BY THE WCDSB

Waterloo Region, ON — In 2007 the Ontario Ministry of Education launched the Ontario First Nation, Métis, and Inuit Education Policy Framework (Framework).

The Framework provides the foundation for delivering quality education services to First Nation, Métis, and Inuit students in Ontario's provincially funded school system and enhancing the knowledge and understanding of all students of contemporary and traditional First Nation, Métis, and Inuit cultures, histories and perspectives.

The Waterloo Catholic District School Board is seeking feedback from parents and students to help the ministry prepare the second Progress Report on the Framework, which will be released later this spring. Feedback will also be used to guide the future work of the ministry by providing a better understanding of the challenges facing Aboriginal learners and the promising practices that are helping to improve the learning outcomes of First Nation, Métis and Inuit students attending provincially-funded schools.

The surveys—available at www.wcdsb.ca—should take approximately 15 minutes to complete and respondents will not be identified in any reports. The information provided will only be used for the purpose of this study.

The Waterloo Catholic District School Board, representing more than 100,000 Catholic school supporters, operates 52 schools and five adult education facilities serving more than 40,000 elementary, secondary and continuing education students in Waterloo Region – continuing a 177-year tradition of quality, inclusive, faith-based education. Follow us on Twitter: @WCDSBNewsire – #WCDSBAwesome.

Chaplain's Report

By MR. B. REMPEL

Highlights of the Past Month

The grade 10 religion classes joined me for one day retreats at Hidden Acres camp. The theme for the retreats was love God, love yourself, and love your neighbor. The activities of the day built around the theme. I am grateful for the opportunity to spend the day with such wonderful people.

Our school highlighted Catholic Education Week by celebrating an Easter Mass on May 8. Father Freitas was the celebrant. Some people wonder why we celebrate Easter so long after Easter Sunday. We value it as part of Catholic Education week and the Easter season lasts 50 days, so it always find a place during the first week in May.

On Thursday, May 9 the St. Benedict family of schools gathered in the evening for Mass, meetings, and mingling. We find it valuable to remind ourselves that we share in the nurture and education of your children. We celebrate our common task.

I was also privileged to spend one class period with grade 9 religion classes. We explored religious symbols as they appear in the chapel and talked about how we live a life of prayer, whether we know it or not.

A final highlight was a field trip to Loyola House retreat centre with the grade 9 enriched Religion and English classes. Thanks to Ms. Macdonald and Mr. Mascarenhas for including me in the day. Retreats are about slowing down and paying attention to how the Divine is revealed in our

Grade 9 Retreat to Loyola House

By MR. M. MASCARENHAS

It was a very spiritual and powerful day for the students. The theme of "personal journey" was connected to care for the earth and for each other. They spend a large part of the day walking, reflecting, and enjoying each other's company under the leadership of Artur Suski – a Canadian Jesuit scholastic.

It was a powerful and meaningful day for all!

These grade 9's will very likely be the future leaders at St. Benedict's – what an awesome group!



lives. This day lived up to those expectations.

News from the Guidance Department

By MRS. P. KLASSEN

Attention Grade 12 Potential Graduates!!

All Grade 12 students who are planning on completing their graduation requirements this June are reminded that your Community Service Hours are due NOW. Completing a minimum of 40 hours of community service is an important, and required, component of earning your diploma and a diploma cannot be granted until this important step is completed and recorded at the school. Although this is important for all students, it is especially important for students who have applied to college or university as any offer that you have received is conditional upon completion of all graduation requirements – including your community service hours. Please take care of this important detail.

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 on 3 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.

Grade 12 Post-Secondary Information Update

1. There will be a presentation regarding the application process for OSAP (Ontario Student Assistance Program) here at St. Benedict on Thursday, May 23. This presentation will take place in the Lecture Hall during the lunch period. Students interested in applying for financial assistance through the OSAP student loan program are encouraged to attend.
2. All students can expect to hear an admission response to all university programs that they applied to by May 29, 2013. Students interested in accepting an offer of admission should do so by June 3, 2013.
3. The Admission Information Service (AIS) will be available through OUAC (Ontario University Application Center) from early June to August for applicants who have not been accepted to programs of their choice or for students who still wish to apply to university for September. All known openings in all university programs will be posted by the AIS at www.ouac.on.ca/ais/

4. Students who did not apply to college are welcome to apply on-line for September, 2013 to any program that is still accepting applications. See www.ontariocolleges.ca for more information.

Are You Looking for a Summer Job?

The On Route rest stops along Highway 401 East and West will be re-opening soon and they are hiring both full and part time employees for a variety of positions. The employer will be at Cambridge Career Connections on May 23, May 24, May 29 and May 30 from 9:00 AM – 4:00 PM. Cambridge Career Connections is located at 40 Ainslie Street South (directly across from the Ainslie Street bus terminal). Come prepared with your resume! Questions? Contact Katie Rawlings at 519-622-0815, extension 225.

Opportunities regarding possible employment, as well as community service opportunities are posted on the bulletin boards outside of the guidance office.

Dominican Encounter With Faith

BY MS. C. SMUKAVICH

The Waterloo Catholic District School Board would like to invite students to consider participating in the Dominican Encounter With Faith and Hospitality program. Participants will travel to the Dominican Republic from Friday November 22rd to Friday November 29th 2013.

The experience will provide students with an opportunity to live with host families and to see the world through the eyes of the poor. Grade 10, 11 and 12 students that are returning to secondary school in September are invited to apply. Information and applications for the experience are available on your school's Classnet page under the heading "WCDSB Dominican Encounter With Faith and Hospitality Program". If you would like more information, please email or speak to [Mr. Betik](#) or [Ms. Smukavich](#).

Catholic Education Art and Creative Writing Contest

BY MRS. K. DE FRIAS

Thank you to all of the students who submitted entries into the Catholic Education Art and Creative Writing Contest.

First place goes to Kaitlynn Doolan for her poem, second place goes to Nicole Barkwill for her drawing. Third place goes to Ms. Rocha's Period 1 class for their dramatic arts performance.

Academics

Enriching the Lives of Students

BY MRS. D. WITTMANN

**Looking at Things Differently:
Think Like A Fool**

**Upcoming
Enrichment
Opportunities
for Students**

from the Creative Whack Pack

Carrying the strategy of "looking at things differently" to extremes brings us to the realm of the fool, the being for whom everyday ways of understanding have little meaning.

It's the fool's job to extol the trivial, trifle with the exalted, and parody the common perception of a situation. In doing so, the fool makes us conscious of the habits we take for granted and rarely question. A good fool needs to be part actor and part poet, part philosopher and part psychologist. And throughout history, the fool has been consulted by Egyptian pharaohs and Babylonian kings, Chinese emperors, Greeks tyrants, and Hopi Indian chiefs.

The fool will reverse our standard assumptions. He'll say, "If a man is sitting on a horse facing the rear, why do we assume that it is the man who is backwards, and not the horse?"

The fool notices things that other people overlook. He might ask, "Why do people who pour cream into their coffee do so after the coffee is already in the cup, rather than pouring the cream in first and saving themselves the trouble of stirring?"

The fool can also be irreverent. He'll pose riddles such as, "What does a rich man put in his pocket that the poor man throws away?" When he answers, "Snot," he forces us to re-examine the sanctity of our everyday rituals.

The fool can be cryptic. He'll say the best way to see something is with your ears. Initially, this may seem weird, but after you've thought about it, you might agree that listening to a story conjures up more images than watching television.

The fool can be absurd. Having lost his donkey, a fool got down on his knees and began thanking God. A passerby saw him and asked, "Your donkey is missing; why are you thanking God?" The fool replied, "I'm thanking Him for seeing to it that I wasn't riding him at the time. Otherwise, I would be missing as well."

The fool will take the contrary position in most conversations. Whereas many people would agree that, "If a thing is worth doing, it's worth doing well," The fool might say, "You don't have to do things well! Indeed, it's okay to do them poorly; otherwise you'll never let yourself be a beginner at a new activity."

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,

The great benefit of the fool's antics and observations is that they stimulate our thinking. They jolt us in the same way that a splash of cold water awakens us when we are drowsy.

first-served basis. More detailed information will be provided for the individual excursions once you are registered.

St. Benedict Student Wins Provincial Award

By MRS. C. FRIEDRICH

A big congratulations goes to Joel Cumber for his provincial win! He is the winner of the Ontario English Catholic Teachers Association 2013 Young Authors Award in the grade 11 and 12 Short Story category. This is an amazing achievement for him. Who knew that a silly writing activity done in class could be developed into a funny and witty, award winning, story.

► [Read Joel's story](#)

Science Team at Science Olympics

By MRS. K. ARKELL

The Science team travelled to the University of Guelph to compete against 17 other high schools in a variety of scientific events. Everyone had a fantastic day, and we ended up coming home with five medals!



A gold medal was won by the "Who Wants to Be an Anatomist?" team, Silver medals were won by the "Race for Secret Treasure", "Environmental Science" and "All About Weeds" teams, and a bronze medal was won by our "Nano Tech" team.

The teams represented St. Benedict's with pride, and we're already looking forward to returning next year! Best of luck to the team as they compete at the University of Western Ontario Science Olympics on May 23rd.



Tales from Technology

By MRS. L O'NEILL

One of the components for the Grade 11 Hospitality course is that students will plan and create a menu. This week's menu took on a Japanese flair. We were busy making Udon noodles with chicken teriyaki and of course sushi.

The students created a simple California Roll – seaweed, rice, avocado, cucumber and crab. They layered the ingredients and then used the sushi mats to roll it very tight and voila – Sushi! I learned that in order to get the rice the



right consistency you add sugar and rice wine vinegar to make the rice just a little bit sticky. You want the rice to be sticky enough to stay together, but not too sticky that you can't see the individual grains of rice.

I enjoy a visit to my local sushi restaurant for special occasions and surprisingly sushi doesn't have to be raw fish. A lot of the sushi served is not raw and you can add to your sushi meal with things like noodles, teriyaki and Tempura (a deep fried dish using Panko bread crumbs). After watching my class

produce over 100 pieces of sushi I will be investing in a sushi mat and making sushi at home more often!



Quebec City Trip meeting

Attention all students attending the Quebec City Trip next week...There will be an Important MANDATORY Quebec City Trip meeting on Thursday May 23 in room 202 at the beginning of lunch.

Athletics

Track and Field Athletes qualify for CWOSSA

By Ms. M. BOOTH

The following students placed in the top 2 to qualify for CWOSSA today and tomorrow:

Aiden Yearwood 100m MB

Kyle Parthe, Nick Misener 400m MB

Andrew Misener 400 JB

Devaughn Channer 800m, 1500m MB

Eliot Dixon – 1500m, 3000m JB

Tess Wittmann – 3000m JG



Senior Boys Soccer

Saints 0, Woodland 5

Girls Soccer

QUARTER-FINALS

Saints 2, Msgr. Doyle 1

SEMI-FINALS

Resurrection 9, Saints 0

Boys Baseball

Saints 24, GCI 9

Michaela Worrell–Rogers – 100m hurdles SG
Robin Petrie – high jump, long jump SB
Scott Corbett, Augustine Soga – triple jump
Maria Vogiatzis, Jason Wozniak, Laura Janzen, Emma Kelly – discus
Junior girls 4x100m relay
Junior boys 4x100m relay

Others did very well with top finishes:

Jade Weir 6th 100 m, 5th 200m,
4th 400m MG

Alyssa Mason 3rd, Monica
THEPSOUVANH 4th 100m JG

Andy Rocha 3rd 400m MB

Matt Fantini – 3rd in 800m and
1500m

Darren Russo 3rd 1500m

Donald Raymond 3rd – 3000m

George Monaghane – 4th 200m JB

Dan McArthur – 4th 100m

Rachel Kaspyrzk – triple jump 2nd
tied

Sydney Papadopoulos 6th 800m

Augustine Soga – long jump 3rd

Julie Wittmann 3rd and Maria Vogotzias 4th, Kierra Lahey 3rd Javelin

Keith Tanner 4th, Matt Simone 5th, Laura Bradbury 3rd Javelin

Nick Le – 4th discus

Andrew Misener 4th High Jump

Rosalind Synder 4th long jump

Full results can be found on galasso.ca. Please come and cheer our competitors on next week at Jacob Hespeler.





Varsity Girls Soccer

Congratulations to the Varsity Girls Soccer Team for a hard fought victory against our Cambridge rivals from Monsignor Doyle on Monday in D-8 quarterfinal playoff action. Dana Milani and Alley Houston each scored to lead the way and Eden Boyce played another great game in net to preserve the 2-1 score.

In the semi-finals, the girls played a very strong team from Resurrection, and were blanked 9-0.

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/admin/emailSignUp.php) 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>.

Boys Baseball

The Boys baseball team beat GCI with a score of 24-9. Special shout-outs to Derek Porter for hitting for the cycle and brilliant defence by both Porter and Jose Vasquez.

Looking for something fun and exciting to do this summer?

St. Benedict Basketball Camps 2013

July 8 to July 12

For boys & girls
entering grades 1 - 9



Camp t-shirt for each camper
Certificate of achievement
Coaches' individual evaluation
Age-specific drills and fundamentals to take home
Individual and team competitions
Elite sessions for more advanced players
University level guest coaches
Awards and prizes
Early-bird speed and agility sessions
Special guest lecturers and much more!

For more information or
application brochure contact
John Malnerich @ St. Benedict C.S.S.
519-621-4050 ext 5337 or
<http://stbenedict.wcdsb.ca/bballcamp>

Clubs

Saints For Life in Ottawa Rally

By MRS. M. ROCHA

I was so proud to be in Ottawa with students who are members of our *Saints for Life* club. They represented St. Benedict's so well! We were a small group, but we were the loudest, proving that "we will be the voice for the most innocent victims of violence in our world, the preborn children!" These students need to be commended for taking a stand and for putting their words into action!!!



Outers Club to Canoe the Grand

BY MS. M. NOVAKOVICH

Attention all outdoor enthusiasts! If you like exploring, canoeing, and enjoying what the outdoors has to offer, it is not too late to join the outers club on their final excursion of the year. We will be canoeing down the Grand River on Wednesday, May 29th.

The club will be leaving the school at 11:00 am, and students can be picked up from Riverbluff park around 6:00 pm. The cost for this trip is \$10. For more information, or to get permission forms to sign up, please check out the Outers club page on classNet, or see Ms. Novakovich for more details.

Space is limited! We are looking forward to another fantastic trip!

Robotics Club success

Congratulations to Corey Zimmer and Curtis Collins who placed 5th at Skills Virtual Robotics on Tuesday May 7th.

Ultimate Frisbee Club

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

As usual we will continue our Thursday lunch hour practice in the gym. It is important to come so that we can confirm attendance for the Tournament in Guelph on Friday, and in Waterloo next Saturday. Bring your completed permission forms.

New members are welcome! See Coaches Smukavich, Porto, Betik, or Dufresne for more information.

History In the Making

BY MRS. L. VARRIANO LANE

On May 2nd, St. Benedict's very own Accepting Differences club joined together with groups from Monsignor Doyle, Resurrection, St. David's, and St. Mary's to participate in a full-day retreat which enlightened and inspired many students and staff alike. The retreat itself was centralized around the notion of "safe spaces" for LGBTQ+ youth attending the high schools, and was the first board-wide initiative of this size to ever be actualized and carried out. Throughout the day, students participated in small and large-scale discussions to coordinate

HEALTHIER FOR LIFE PRESENTS...

LUNCH LAPS

OPEN TO ALL STAFF AND STUDENTS

PICK UP YOUR CARD ON THE TRACK AND
GET A FEW LAPS IN DURING LUNCH
25 LAPS IS 10 KM AND EVERY COMPLETED
CARD WILL BE ENTERED TO WIN iTunes
CARDS

DATES: MAY 21-23, 27, 29, 31
JUNE 4-7

GET YOUR FRIENDS TOGETHER, STRETCH
YOUR LEGS AND GET SOME FRESH AIR!!!!
QUESTIONS -ASK MRS.O'NEILL, MRS. REIS, OR
MRS.CROWELL

thoughts, ideas, and explore the various issues faced by LGBTQ+ youth in their daily lives in the high school environment.



For all of the participants of the retreat, it can easily be said that the levels of energy, comfort, and eagerness were observable and tangible. The day, which had been in planning for some time, was fueled by the motivated and determined youth who took it upon themselves to be harbingers of positive change and facilitators of the future. One of the major prospects of the event was the brainstorming of ideas and themes for Safe Space posters which

are hoped to be distributed all across the Board upon the completion of a final version. These posters, which are aimed to be placed in every classroom and learning environment, will be created with the help of Eric Dowling, a graphic designer currently working with Apple. The posters will act as a notice that the surrounding areas are “safe spaces” for students of a sexual minority in an effort to increase tolerance and remove homophobia from a setting where all people should feel welcome, safe, and secure.

While there are continuous endeavors by a variety of people to make the future a better place, the May 2nd retreat is a huge stepping stone in opening a door to a new world of opportunities, potential and acceptance.

Student Activities

Hey Parents it's SAC again!

Summer is just around corner, so we are prepping for many events to end off the school year!

We held our annual Prom on May 10 at the Kitchener Museum; it was a great memorable night for the grade twelves as they prepare to end their high school life and start a new chapter in their lives! We want to thank everyone who came out and had an amazing evening!

As the school year comes to end, we all prepare for all the new exciting things for next year.... like the new Co-presidents! After a week of campaigning we would like to congratulate our new co-presidents for next year, Quinton Lowe and Mikael Melo. Thanks to all those that campaigned and made the week such a success.

Our Arts department is also presenting a school play "Into the Woods" on May 22 to 24; tickets are \$5 for students and \$10 for adults. We encourage all parents and students to come out and watch the wonderful production that staff and students put together!

Lastly but certainly not least, we would like to welcome the new Student Council advisor, Mr. Curtis as he will take on Student council for next year!

Other News

St. Benedict
Presents

Into the Woods

Wednesday, May 22nd @ 7PM

Thursday, May 23rd @ 7PM

Friday May 24th @ 7PM

\$5 Youth

\$10 Adult

Cambridge Community Relay for Life

Friday June 7/13

Missing Relay for Life??

We will be back next year with our school event but you can still Get a team and join the community event on Friday June 7

www.relayforlife/cambridge

or contact Kelly Buchanan

kellybuchanan01@rogers.com

or call 519 654 6230

Also looking for volunteers!!!!

Upcoming Events

Wednesday, May 22

2:35pm Anime Club
2:40pm Hip Hop Dance Crew
2:45pm Fitness Club
7:00pm Into the Woods
Spirit Day
BENN Newsletter release

Thursday, May 23

8:00am Track and Field CWOSSA
11:00am Ultimate Club
11:00am Glee club
11:00am Making A Difference Club
11:00am Eco Team
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
7:00pm Into the Woods

Friday, May 24

11:00am Lost Club
2:40pm Doctor Who Video Club
2:40pm Hip Hop Dance Crew
7:00pm Into the Woods

Monday, May 27

11:00am Art Club
11:00am Saints 4 Life
2:40pm Camera Club
2:45pm Fitness Club

Tuesday, May 28

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 Fitness Club
6:00pm Badminton club, 6:00–7:30

Wednesday, May 29

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
Spirit Day

Thursday, May 30

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 31

8:20am Track and Field West regional
11:00am Lost Club
2:40pm Doctor Who Video Club
2:40pm Hip Hop Dance Crew

Saturday, June 1

8:20am Track and Field West regional

Monday, June 3

11:00am Art Club
11:00am Saints 4 Life
2:40pm Camera Club
2:45pm Fitness Club

Tuesday, June 4

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, June 5

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
Spirit Day
BENN Newsletter release

Did you know?

There are over 1900 entries on our school calendar on the website!

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. To see the full calendar, go to **Benny's News** ► **Calendar of Events**.

Miscellaneous

We want to know...

Thank you to those who have taken time to provide us with feedback. Your opinions are important to us! Please [email us](#) with your comments and suggestions. If you like our newsletter, tell others; if you don't like it, tell us!

Check out our school website at <http://stbenedict.wcdsb.ca> for news and information updates.

