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The BENN newsletter is a publication of St. Benedict CSS. It is distributed every second Wednesday during the school year using the WCDSB News-wire service. Any questions or comments pertaining to this publication can be sent to the editor [Anton Milardovic](#) or the school's principal [Dan Witt](#).

BENN Staff

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

Next Issue

September 4, 2013

We're (almost) back!

Welcome back—almost! This issue of the BENN focuses on some of the teams and clubs that are available to your son or daughter this fall. More information about clubs, teams, activities, tryouts, etc. will be in next Wednesday's BENN.

While you're browsing the site, take some time to join our Twitter feed for instant updates on important events at St. Benedict.

Benny's in the Local Media

CAMBRIDGE TIMES: [Roundabout near St. Benedict school stal...](#)

Administrative

Registration for this year and bus information for the first day of school is posted on the school website

For Parents ► September Registration
For Parents ► Bus Schedule for Tues. Sep. 3

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@StBenedictCSS

Academic

Enriching the Lives of 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 Clubs & Teams on ClassNet:

<http://classnet.wcdsb.ca/sec/StB/clubs/EOWittmann/default.aspx>

Also, on the second floor in Special Education wing, is a bulletin board entitled, *High Achievers, Gifted Learners, and Creative Thinkers*. Information and articles will be posted for students.

Take a look!

Finally, check out IDC4U – Interdisciplinary Studies for Autonomous Students:

<http://classnet.wcdsb.ca/sec/StB/Gr12/Guidance/IDC4U-Wittmann/default.aspx>

Athletics

Cross-country

Open to EVERYONE!!! All grades, boys and girls. Find fun, fitness, and friendship by joining the cross-country team. All levels of ability are welcome.

We will have an optional Run-for-Life Summer practice – Thurs. August 29, 10:00 – 11:10 a.m. Meet at the front of Hespeler Arena.

First team practice is Wednesday, September 4, 2:45 – 3:45, in the Phys Ed hallway. Come dressed to run.

Speak to Mr. Wittmann, Ms. Stang, or Ms. Booth for more information.

Junior Girls' Basketball

Open to girls in grades 9 and 10, the junior girls' basketball season runs from September to mid-November. The league games are scheduled on Monday and Wednesdays after school.

There are typically two practices a week. The team had been entered into three weekend tournaments during the season. Please attend the pre-season meeting on Wednesday,

September 4 to find out more details. Tryouts are on Thursday, September 5 and Friday,

September 6 at 2:30 in the gym. Talk to Mr. Mascarenhas and Mrs. Arkell for more information.

Senior Girls' Basketball

Senior girl tryouts begin Thursday, September 5th in the gym. Any questions, please see Ms. Whalen.

Girl's Hockey Club

Be part of the girls hockey club that will take part in several tournaments over the season. Open to all girls, tryouts at the beginning of November. Talk to Mrs. O'Neill for more information.

Badminton Club

Drop-in Badminton, all abilities, racquets and shuttles provided. Wear comfy clothes and running shoes. Open to all students and staff, we play every Thursday from 6 – 7:30pm, starting on September 19. See Mrs. Adach for more information.

Clubs

Accepting Differences Club

BY DREW GHEORGHE, STUDENT FACILITATOR

Hello parents and students! Welcome to another exciting year at St. Benedict's, and welcome to the Accepting Differences Club!

If you, as a student, are looking for a special place to meet loving, caring and amazing individuals, you've come to the right place.

As a parent, if you like the idea of sending your son or daughter to a warm, inclusive and healthy school environment, this club will definitely help you do that.

You may be wondering what we do to foster acceptance and understanding of one another in a typical day at the club. Well... in addition to a constant flow of open discussion regarding teen topics like body image, mental health, LGBT issues, etc., we also assist the students who are embarking on the valuable journey of self-discovery in high school, through various trust exercises and team bonding activities/conversation.

Mondays we meet at lunch in Portable 11. Fridays we meet at lunch in room 126.

We truly believe every student has a valuable voice and, as such, we promise no one will go unheard.

We are also more than excited to share the ideas we have for the upcoming school year with you and your families and would be delighted if you could join us.

Camera Club

If you're interested in taking better pictures with your digital camera, join the Camera Club. We meet after school on Thursdays in Room 216. Hope to see you there!

Concert Band

We start Mondays starting the end of September. Open to all grades. See Mrs. Rodrigues for more information.

St. Benedict Earns Gold for Going Green

BY. MR. A. ARKELL

In our second year of participating in the Ontario EcoSchool program our school was certified again as a Gold Level EcoSchool. We are the first secondary school in the City of Cambridge as well as the Waterloo Catholic District School Board to receive this level of certification two years in a row. We are also recognized as a Green High School by Eco Canada.

The Ontario EcoSchool program takes a comprehensive look at how a school promotes and embraces environmentally friendly practices. These practices include the implementation of an effective recycling program, greening projects around our school grounds, having environmentally themed lessons in different subject areas, clubs and activities to promote student involvement, work in our local community and most importantly creating a eco-friendly culture inside the school.

Our proudest achievement last year was the development and creation of the outside waste diversion bins located around the school. These bins were designed and constructed by students in our OYAP program. The funding from this project was provided by the Region of Waterloo Environmental program.

Our Eco Team is composed of students from grades 9-12 as well as staff members. Our teams meets once a week to work on our projects such as the Earth Week and Earth Hour activities. If you're interested, see Mr. Arkell in the Science Wing and listen for the announcements for our first meeting.

Games Club

Open to anyone who can roll a dice and move little pieces. Join us for various strategy board games and card games. We play Tuesdays at lunch in room 125 and (tentatively) Thursdays after school in room 125 starting the first week of school. See Mr. Riso for information.

The Lost Club

Open to students who love the T.V. show Lost. Continuing from last year, we will be watching Lost Seasons 3–6. We will be meeting Wednesday and Friday during lunch in room 125 starting the first week of school. See Mr. Riso for information.

Outers Club

Do you like hiking, canoeing, camping under the stars? If so, this is the club for you! Our first trip of the year is coming up quickly, and is scheduled to take place Thursday, September 26 to Sunday September 29! This year, we will be going to Killarney Provincial park for our annual canoe trip.

The club is open to any student who enjoys the outdoors. Our first meeting is Friday, September 6th at the beginning of lunch! Please check the science office door for details about location, or talk to Ms. Novakovich or Mr. Fratarcangeli for more information.

Programmers' Club

If you want to learn how to program, this is the club for you! We meet during lunch every day in room 216 on a drop-in basis. This year we will have several opportunities for you to participate in programming contests, so if you're into problem solving using a computer this is the place for you to be! We look forward to seeing you! See Mr. Milardovic for more information.

Puzzles Club

If you love sudoku, word finds, crosswords, or any other type of puzzles that make you flex your mental muscle, then the Puzzles Club is for you! We meet during lunch every day in room 216 on a drop-in basis. Bring your own puzzles, or use some of ours! We look forward to seeing you! See Mr. Milardovic for more information.

Relay For Life

BY MRS. L. O'NEILL

Be part of the organization committee for the Relay For Life Event that will take place at the beginning of June. We need reliable individuals to head up the organizing committee, as well as volunteers to help with the actual event.

The Relay For Life club is open to all students, watch the announcements for the time and location of our first meeting. Please talk to Mrs. Crowell, Mr. Ambeau, or Mrs. O'Neill if you want more information.

Rock Climbing Club

Starting in October, the rock climbing club heads to Grand River Rocks in Kitchener every Thursday after school until 5, to do some sport climbing! Open to all students. See Ms. Novakovich for more information.

Another Successful Year for the Science Team

By. MR. A. ARKELL

The Benny's Science Olympic Team is coming off of its most successful and most rewarding year in its eight year history. Our team is traditionally composed of 40–60 from students in grades 9–12. We meet once a week to prepare for competitions, plan science related events, and we also use this time to help each other with our courses.

Our team participates in three different Science and Engineering Olympic competitions at McMaster University, the University of Guelph and the University of Western Ontario. Students have the chance to win monetary rewards as well as scholarships.

Our Science Department uses this team as way to provide enrichment opportunities to our students in the form of these competitions as well as subject contests.

The events at the Olympics are based on the high school curriculum and test all aspect of the students' skills that related to science and engineering. There are pig dissection events, engineering events where students have to build machines or robots, events that focus on chemical identification, math events, and finally events that focus on team work and communication.

The universities also use these events to promote the unique programs at their schools. McMaster has events based on medicine and mechanical engineering, Guelph has events based on veterinary science and the environment and Western has events based on Earth Sciences.

Last Fall our team competed in one Science Olympics event at McMaster University where we won a Bronze medal in the BioTech Challenge. We also hosted our first ever Grade 7 Feeder School Science Olympic event in November. Our event was a large success. We hosted over 60 students from our feeder schools and they participated in events designed and run by members on our team. We plan to run this event again this year on Wednesday, November 6th.

Last spring, our team competed at two more Science Olympic events. At the Guelph Science Olympics at the start of May our team had to race cockroaches, identify common weeds, and assemble a foot using replica bones. For their efforts our team walked away with two gold medals (Enviro–challenge & Anantomy), and two silver medals (Weed ID and Senior Environ–Challenge) and one bronze medal (NanoTechnology).

At our third competition at the University of Western Ontario saw our team earn five more medals; two gold (Junior Ecology Jeopardy and Taxonomy), two silver (Robotic Team and Cup Stacking), and one bronze (Math Team).

In each of these competitions, our student compete against 15 to 30 other high schools from around Ontario. So we are very proud of their accomplishments because their achievements are not easy to get.

Students that are interested in joining our Science Team should talk to Mr. Arkell, Mrs. Arkell, or Mr. Bailey in the Science Area for more information and listen to the announcements for the date of our first meeting. We also have a page on ClassNet that has some information.

Student Activities

Other News

Upcoming Events

The calendar for the new school year is still being built, it should be up before the end of the week, so check it out on our school website!

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.

