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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**

October 2, 2013

## There's more...

As we were putting together this installment of the BENN, I found myself continuously interrupted; not by any one thing, or people with issues, but with the constant little familiar two-tone chime that accompanies the arrival of new email. That's part and parcel of our job, but many of those emails had one thing in common—they were from a teacher, and they were about a club, or a team, or an activity, or an educational opportunity... just more stuff to add to the plethora of activities already here at St. Benedict's.

Case in point: In the last 48 hours, *over 100 entries have been added to the school website calendar*. These included sport schedules, some new clubs and activities, college and university visits—you name it, we've got it.

In the last issue of the BENN we presented the students with a “mission” to, basically, be the best they can be and to enjoy their time here. We do hope that they take what we have to offer as a school community. And you can be assured that there will be more...

- Editor

P.S. And what's with the caged-in bocce pit behind the school? I think there's more to it...

## Administrative

**A reminder to grade nine parents!**

## **Grade 9 Information Night**

**Thursday, September 19, 2013**

**7:00 - 9:00**

***Make sure you bring your grade 9 son's or daughter's schedule!***

# Construction of New Catholic Elementary School in Cambridge (Hespeler) Underway

## Ground-breaking Ceremony for St. Gabriel CES Set for September 26

FROM THE WCSDB NEWSWIRE

*Waterloo Region, ON – Construction of the new 350 pupil St. Gabriel Catholic Elementary School on Guelph Avenue (at Baldwin Dr.) in Cambridge (Hespeler) is under way.*

The new JK to Grade 8 school will open in September 2014 and will be offering full day Kindergarten along with extended day before and after-school programs if there is sufficient demand.

To commemorate the start of construction a special ground-breaking and blessing ceremony will take place at 10:00 a.m. on Thursday, September 26, 2013 at the school site. Students from St. Elizabeth CES and Our Lady of Fatima CES who are designated to attend the new school will be on hand for this special event.

Construction of the new school was approved as part of a school boundary review in Cambridge (Hespeler) in 2010–11. The final report of the review committee is available on the WCSDB website at: [www.wcsdb.ca/about/accom/Hespeler/index.html](http://www.wcsdb.ca/about/accom/Hespeler/index.html).

The web page also contains important school boundary information for local residents.

The Waterloo Catholic District School Board, representing more than 100,000 Catholic school supporters, operates 50 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: @WCSDBNewswire – #WCSDBAwesome.

## Handbook Highlights

*Over the first few issues of the BENN, we will be highlighting some of the key points from the student handbook. These will be brief summaries of what is in the handbook, please refer to the handbook either in paper copy (every student got one at registration), or on the school website under For Parents ► School Handbook. Adherence to these procedures will help ensure your son's or daughters years at St. Benedict's are a positive experience.*

### Anaphylaxis - What is it?

BY MRS. G. LEUSINK

*Anaphylaxis is a severe allergic reaction that can lead to rapid death if untreated.* Many students and staff suffer from life-threatening allergies to certain foods, medications, insect stings, latex or scents. For them, exposure to even a small amount of the substance to which they are allergic can trigger an anaphylactic reaction. Peanuts are the most likely of all food allergens to trigger a full-blown anaphylactic reaction and the most common cause of fatal food anaphylaxis. Even trace amounts can cause a severe life-threatening reaction. Students have even developed reactions after coming into contact with residual foods on tables that

have been wiped clean of visible material or even with a sports ball that had been contaminated.

Anaphylactic reactions occur when the body's sensitized immune system overreacts in response to the presence of a particular allergen. Anaphylaxis affects multiple body systems including skin, upper and lower respiratory, gastro-intestinal and cardiovascular. Helping teenagers strike a balance between a necessary fear of exposure and an unhealthy fear of their expanding world is a difficult balancing act for parents – and one that requires the cooperation of all who are part of the teenagers life, including the school. Despite the best efforts of parents and schools, anaphylactic children live with a level of stress that most children do not experience. It's a matter of life and death.

## **Reducing the Risk**

Avoidance of a specific allergen is the cornerstone of management in preventing anaphylaxis. The less allergen brought into a school, the less risk of anaphylactic reactions. While schools cannot guarantee that an environment is completely safe, the School Anaphylactic Management Plan includes necessary measures and procedures to reduce the risk of anaphylactic reactions and assist staff in making the school as "allergen-free" as possible.

## **What Can you do to Help?**

1. Avoid sending peanut products to school – look for peanut-free products and leave the peanut butter and peanut butter substitute products at home.
2. Wear less scent – remember the old saying that "less is more" when applying scents in the morning and do not bring perfumes of any kind to school.
3. Do not eat in ANY classroom that is designated as a safe zone – water should be the only thing that you bring into a classroom – you do not know who will be sitting in the desk after you.
4. Use unscented hand sanitizer to keep additional scents at a minimum.
5. Celebrate birthdays without the balloons
6. Eat in the cafeteria, throw out all of your garbage and wipe down your table spot when you are done!
7. Meet with your Guidance Counsellor and make sure that the school knows all about your needs if you are anaphylactic!!

*Information gathered from WCDSB Policy APH 005 on Anaphylaxis*

# **News from the Guidance Department**

By MRS. P. KLASSEN

## **Course Changes**

The Guidance Department would like to thank the parents, students and staff of St. Benedict for their patience and understanding during the first 2 weeks of the school year as we worked to settle all students into their classes as quickly as possible. In addition to dealing with course changes, our school also welcomed many new students to our community. The course change period for semester one ended officially on Friday, September 13.

## **St. Benedict Welcomes International Students**

This fall the St. Benedict community has welcomed several International Students to our school. We have a growing number of Chinese students, as well as students from Vietnam, Hong Kong and Colombia. These students are here on student visas and will study at our school with the intent to graduate with their Ontario Secondary School Diploma. While a few of our International students live with relatives while they are here, the vast majority of them live with “home stay” families. All of them bring something special to our community and we look forward to learning more about them and the countries and cultures that they come from.

## Grade 12's and Post-Secondary Options

The process of meeting with Grade 12 students to help them review and plan their post-secondary options has started. Meetings for grade 12 students who are considering college or university application for September, 2014 took place this week during lunch on both Monday and Tuesday. If you are feeling confused about the application process and are having difficulty navigating through web sites and documents, consider taking advantage of the following supports:

1. Plan now to attend our Post-Secondary Information night on Thursday, October 17 at 6:30 PM. This event is being hosted by the Guidance Department and coincides with parent/teacher/student interviews. The presentation will take place in the Lecture Hall.
2. St. Benedict will be the site for the Cambridge University Information Presentations on November 7 from 7:00 – 9:00 PM. All Ontario universities will have representation at this event and there will be opportunity to attend formal presentations, as well as time to tour displays.
3. Conestoga College will be hosting their annual College Information Presentations on Thursday, October 17 from 11:00 AM – 1:30 PM and from 5:00 – 7:00 PM at their Doon Campus. All Ontario colleges will have representation at this event and Conestoga will also have additional information available to parents and students regarding their programs. We realize that this event conflicts with the information session that we are holding here at St. Benedict, but careful planning may allow you to attend both.
4. Become part of the email distribution list sent out by the Guidance Office. This list is available to both students and parents. Details on signing up were shared with grade 12 students this week and are also available on the school web site in the guidance section.
5. The Ontario Colleges website offers a wealth of information regarding schools, programs and the application process. To research colleges and their programs go to [www.onatriocolleges.ca](http://www.onatriocolleges.ca)
6. To research Ontario universities and their programs go to [www.electronicinfo.ca](http://www.electronicinfo.ca)

## College and University Presentations

We have been fortunate in arranging visits to our school with liaison officers from several Ontario universities and colleges who will be making presentations to interested grade 12 students. These

### University Visits

Mon. Sep. 23 – McMaster University, 1:15 pm  
Tue. Oct. 1 – Carleton University, 9:45 am  
Thu. Oct. 3 – Nipissing University, 8:30 am  
Mon. Oct. 7 – Ryerson University, 1:15 pm  
Wed. Oct. 9 – Windsor University, 12:00 pm  
Wed. Oct. 9 – Guelph University, 1:15 pm  
Thu. Oct. 10 – University of Toronto, 11:00 am

presentations will begin next week and provide an excellent way for students to ask questions about specific schools that they are interested in. Students must sign up to attend the presentations that they are interested in attending, by the end of lunch the day prior to the visit. While we do not limit the number of visits that students may attend, we do encourage students to be selective about the visits that they attend as many of them take place during class time. Students are responsible for any school work that they miss if they choose to attend a presentation. Please refer to the complete list of presentations that is posted.

Wed. Oct. 16 – University of Waterloo & St. Jerome's, 8:30 am  
Tue. Oct. 22 – Wilfrid Laurier University, 9:45 am  
Wed. Oct. 23 – Lakehead University, 8:30 am  
Wed. Oct. 23 – University of Ottawa, 1:15 pm  
Mon. Nov. 11 – Guelph Humber, 1:30 pm  
Wed. Nov. 13 – University of Western Ontario, 12:30 pm  
Tue. Nov. 19 – Brock University, 8:30 am  
Thu. Nov. 21 – Redeemer University, 9:45 am

### College Visits

Wed. Sep. 25 – Mohawk College, 8:30 am  
Thu. Sep. 26 – Georgian College, 10:00 am  
Tue. Oct. 1 – Canadore College, 11:50 am  
Mon. Oct. 7 – Sheridan College, 9:45 am  
Tue. Oct. 8 – Conestoga College, 8:30 am  
Thu. Oct. 10 – St. Mary's University, 8:30 am  
Tue. Oct. 15 – Fanshawe College, 9:45 am  
Tue. Nov. 5 – Lambton College, 8:30 am  
Fri. Nov. 8 – Humber College, 11:50 am  
Wed. Nov. 13 – Dalhousie, 8:30 am  
Thu. Nov. 14 – Niagara College, 1:15 pm  
Tue. Nov. 26 – St. Clair College, 9:45 am

### Community Service Opportunities

In addition to fulfilling an important diploma requirement, volunteering provides students with a way to give back to their community. As opportunities become known to the guidance department, they will be announced on the ranger announcement system, posted on the Guidance bulletin board and listed in the BENN.

## What is Specialist High Skills Major (SHSM)?



The Specialist High Skills Major (SHSM) is a Ministry approved program that encourages students to focus their education on a specific employment sector.

Components include:

1. A bundle of courses related to a major
2. Co-op experience in an area of interest
3. Industry-recognized certifications related

### Majors offered at St. Benedict's C.S.S. in 2013-14

- Arts & Culture
- Business
- Construction
- Energy
- Environment
- Health & Wellness
- Hospitality & Tourism
- Information & Communications
- Justice & Community Safety
- Manufacturing
- Transportation

to the employment sector

Students who successfully complete all components of the program earn a **Specialist High Skills Major (Red Seal)** designation on their Diploma.

## Why get involved?

No matter which path you follow after high school, you will have a better idea of your direction and future career choice when graduating with a SHSM Red Seal.

You will:

- understand how and why your classes apply to your future career
- obtain training and certifications from experienced industry staff (e.g. First Aid & CPR)
- learn on-the-job skills during a co-op placement
- gain experience in your field of interest

## How and when to get involved:

Experiences start in Grade 11 or 12. Now is the time to sign up and get involved! Deadline to sign up is October 15. Sign up are available in the Guidance Office. More information can be found online at: [www.highskills.ca](http://www.highskills.ca).

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FEED



**@StBenedictCSS**

## Don't have time to eat breakfast in the morning?

## Don't want to take the time to eat breakfast in the morning?

BY MRS. W. SHUSTER

Studies have proven that starting your day with some kind of nutrition provides your body with the energy to

## Breakfast @ Benny's

BY MRS. W. SHUSTER

concentrate and learn more effectively at school.

Every morning, in the atrium, from 8:00 to the first bell you are invited to come and pick up a breakfast snack before you head off to class.

There are tables set up just under the stairs. The Nutrition for Learning Program provides juice, granola bars, cheese and other nutritional breakfast snacks.

There is no charge for this service. Everyone is welcome!

We are making a change to our "Breakfast @ Benny's" program offered in room 107. This year, breakfast will be available in room 107 on Wednesday and Friday mornings only from 7:45 to 8:10.

Every Wednesday we will be serving waffles with the trimmings. Fridays will be our "special" breakfast days. Our menu includes breakfast burritos, pancakes, French toast, breakfast bagels and much more.

Everyone is welcome to join us in room 107 on Wednesdays and Fridays. There is no cost for this service.

Breakfast@Benny's will begin on Wednesday September 17th. Hope to see you there!

## Academics

### Upcoming Enrichment Opportunities for Students

Waterloo Unlimited is pleased to offer this year's on-campus high school enrichment programs for students from across Canada:

#### **Grade 12 "Road Map to Research"**

**Wednesday, November 13 - Friday, November 15, 2013**

Application deadline: postmarked by Monday, October 7, 2013

*Expect an immersive, pre-university experience including an introduction to the art and science of reading academic papers, an opportunity to explore cutting-edge research discoveries with professors, and the chance to engage with current student researchers.*

Program fee: \$300

Supervised overnight shared hotel accommodation: \$180

#### **Grade 11 "Design" theme**

**Monday, March 10 - Friday, March 14, 2014**

Application deadline: postmarked by Friday, December 13, 2013

*From engineering and the environment to science fiction and virtual reality, students will spend a week exploring the theme of design with a community of like-minded peers.*

Program fee: \$450

Supervised overnight shared hotel accommodation: \$300

#### **Grade 10 "Change" theme**

**Sunday, May 11 - Thursday, May 15, 2014**

Application deadline: postmarked by Monday, March 10, 2014

*We live in the midst of change: technological change, social change, political change, environmental change. In modern times humankind has experienced an unprecedented rapidity of change. How do we adapt, or not adapt... and what are the consequences? Students will consider*

*the perspectives of scientists, engineers, writers, and philosophers, as they examine the dynamics of "Change".*

Program fee: \$450

Supervised overnight shared residence accommodation: \$160

Details on all programs, including an easily printable flyer is available at

<http://www.unlimited.uwaterloo.ca>.

## Enriching the Lives of Students

By MRS. D. WITTMANN



The Word on the Street is a national book and magazine festival:

[www.thewordonthestreet.ca/wots/](http://www.thewordonthestreet.ca/wots/)

In Kitchener, it runs Saturday, September 21 from 11:00 am – 5:00 pm:

[www.thewordonthestreet.ca/wots/kitchener/](http://www.thewordonthestreet.ca/wots/kitchener/)

There will be an exceptional array of authors:

[www.thewordonthestreet.ca/wots/kitchener/authors/all/](http://www.thewordonthestreet.ca/wots/kitchener/authors/all/)

In the words of Lynn Haddrall, "A grand time to celebrate the power of words."

## Athletics

### Cross-country Season Starts

By MR. F. WITTMANN

The St. Benedict Cross-country season kicked off at the Preston Fun Run Friday, September 13th, with half the team experiencing their first real high school race. Everyone ran their best. Congratulations to the grade 9 girls who won the meet, and the grade 9 boys who were third.

Individuals with top performances include:

Sevanne Ghazarian, 1st

Emily Soares, 2nd

Marcus Noble, 4th

Ryan Meisner, 4th

Makayla Pearl, 6th

Natalie Minnick, 7th

Ryan Frost, 9th

Sarah Joseph, 11th

Jacob Lewis, 13th

### BENN BOX SCORES

Jr. girls' basketball  
Saints 54, Pere-Rene 14

Sr. girls' basketball  
Resurrection 48, Saints 30

Girls' field hockey  
Resurrection 5, Saints 0

Junior boys' soccer  
St. David 3, Saints 1

Junior boys' volleyball  
Saints 3, Pere-Rene 1

Senior boys' volleyball  
Pere-Rene 3, Saints 0



Good luck with the rest of the promising season!

## Girls' Field Hockey

By MISS V. EUGENIO

On Monday night the girls' varsity field hockey team played their first game of the season against Resurrection. With a team consisting of solid returning veterans and eager, strong rookies, it was a fantastic first game. The women played with determination and grit, and represented St. Benedict's with sportsmanship and passion. Unfortunately this was not enough to get us a win. Shout outs to Emma Kelly for stepping up, and into goal for the game, and to Jess Crozier and Lindsay Fuller for playing the entire game at full speed! Well played ladies.

## Girls' Basketball

### Juniors start season with victory

Congratulations to the junior girls' basketball team for opening their season with a commanding 54-14 win over Pere Rene. It was a fantastic team effort overall, and leading scorers were Afifa Salad with 17 points and Julia Mascarenhas with 13 points. Come out and support the girls as they take on St. Mary's Wednesday in our gym!

## Junior Boys' FC Comes up short in first game

By MR. N. DUFRESNE

The Junior Boys Football Club (AKA Soccer team), fought a hard battle against the Celtics of St. David Monday night. The Celtics struck first in the 20th minute due to a miscommunication in the backfield. The Saints held their heads high and re-grouped to hold off the attack until the Celts struck again in the 65th minute. The young Saints continued to press hard when Sam Pugilese was taken down in the penalty area. Sam proceeded to pocket the penalty kick breathing new life into our sails.

When all was said and done, the final tally was 3-1 for the Celtics. Give the boys a pat on the back, especially Sam Pugilese, the man of the match, and Andrew Ager for making some spectacular saves in net.

Come out and see the boys take on the Phoenix on the front pitch this Wednesday at 3:30.

## Benny's Athletic Council

By MRS. S. REIS

Are you a member of a sports team here at St. Benedict's? Do you love to cheer on the boys football team or senior girls basketball team? Does athletes of the week or Bennies in the News grab your attention? If so, you are a perfect candidate for this year's Athletic council, better known as B.A.C! The commitment is low

## 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

and you get a high return. All students are welcome, please speak to your favourite physical education teacher for more information.

sports results will be sent to your email address.

The service is free. Sign up by going to <http://district8.ca/admin/emailSignUp.php>.

## Weight Room open

The weight room will be open at lunch this semester. All students and staff are welcome to come and work out.

## Girls' Workout Room

Attention all females interested in joining the female-only workout club Thursday nights after school. Please see Mrs. Leusink or Mr. Ambeau in the guidance area. Doors open this week, so don't miss out on a great time!!

## Clubs

### Indie Record Club

St. Benedict's' newest club is the Indie Record Club! We are looking to gather some of the talent from around the school to produce an audio album. If you are a singer, songwriter, musician, or have recording skills, this just might be the club for you! See Mr. Adamo for more information.

### Are you ready to get MAD?

Come on out every Thursday at lunch to 326.

Our Making A Difference club participates in many Me to We activities including WE DAY!!

Come on out to find out more.

If you have any questions please find Mrs. MacDonald.

### Hip Hop Dance Crew

Hip Hop Dance Team auditions will take place on Tuesday October 1 after school in portable 1. Students will be taught a choreographed Hip Hop routine and then audition. All students auditioning are asked to wear dance wear/comfortable clothing and runners. The list of those who make it will be posted on the door of room 104 (stage) on Tuesday October 2 following auditions.

The first Hip Hop Dance Team practice will be Wed. October 2 at 2:45 to 5:00 p.m. in portable 1.

### Games Club

Play Magic the Gathering at Lunch in Room 125 every Tuesday.

## **Saints 4 Life**

The Saints 4 Life Club welcomes you to join them for the Cambridge Walk for Life on Saturday, September 28. Earn volunteer hours while you raise money for a great cause. For more information, visit our table during lunch in the atrium from Wednesday to Friday this week.

## **Eco Team**

Do you have a passion about the environment? Do you want to help our school and community become more eco-friendly? Come out and join our Eco Squad. We meet every Thursday in room 314 at the start of lunch.

## **Relay for Life meeting**

Any students interested in being part of the organizing committee for Relay for Life in the spring is asked to meet in the lecture hall at lunch on Friday for a brief meeting. We will also talk about an upcoming fundraising event for Thursday Sept 26. Hope to see you there!

### **Student Activities**

# **Attention All Grade Nine Students**

You are all invited to the

## **GRADE NINE LINK CREW DANCE!**

**Thursday, September 19th**

**in the Gym from 6:30-9:00.**

You will be required to bring your student card or timetable.

Please leave all jackets and purses at home!

Hope to see you there!

## **Student Cards**

If you did not receive your student card from your homeroom teacher or you have a Period 1 spare, you can pick up your card any time after school in the SAC Office near the Atrium.

### **Other News**



We are creating full room wall murals for Room 204 and we want YOU to design/create/implement the art work!

Put together a submission package that includes your name, homeroom class, and drawings of your designs in full colour.

Use your imagination! Go crazy! Have fun!

There are no theme limitations or requirements, other than the designs must be appropriate for the classroom, utilize much of the wall space for at least three walls (including the sky light area). Designs may need to be slightly modified to meet safety regulations.

Deadline for submissions is OCTOBER 15.

Designs should be submitted to Ms Weiler (rm 204 or her mailbox in the staffroom).

Any questions—see Ms Weiler in 204, or email [ann.weiler@wcdsb.ca](mailto:ann.weiler@wcdsb.ca).

## Upcoming Events

### Wednesday, September 18

2:45pm Hip Hop Dance Crew  
 3:30pm Sr. Girls Basketball vs St. Mary's HS  
 3:30pm Jr. Boys Soccer vs Resurrection CSS  
 3:30pm Jr. Boys Volleyball @ St. Mary's HS  
 3:30pm Sr. Boys Volleyball @ St. Mary's HS  
 4:30pm Field Hockey @ St. Mary's HS  
 5:00pm Jr. Girls Basketball vs St. Mary's HS  
 Spirit Day  
 BENN Newsletter release

### Thursday, September 19

11:00am Camera Club  
 11:00am Lost Club  
 11:00am M.A.D. group meeting  
 11:00am Weight room open  
 11:00am Eco Team  
 1:00pm Jr. Boys Football @ St. Mary's HS  
 2:30pm Girls' Workout Club  
 2:30pm Games Club  
 3:00pm Sr. Boys Football @ St. Mary's HS  
 6:30pm Grade 9 Link Crew Dance  
 7:00pm Grade 9 Meet the Teacher night

### Friday, September 27

10:00am Univ. visit: Ontario Universities Fair  
 11:00am Accepting Differences Club  
 11:00am Puzzles Club  
 11:00am Weight room open  
 2:00pm Cross Country Shades Mill Race  
 2:35pm Doctor Who Video Club  
 Opening Assembly  
 Outers Club outing

### Saturday, September 28

10:00am Univ. visit: Ontario Universities Fair  
 Outers Club outing

### Sunday, September 29

10:00am Univ. visit: Ontario Universities Fair  
 Outers Club outing

### Monday, September 30

11:00am Accepting Differences Club  
 11:00am Concert Band  
 11:00am Self Def & Conditioning Club  
 11:00am Weight room open

#### Friday, September 20

11:00am Accepting Differences Club  
11:00am Puzzles Club  
11:00am Weight room open  
11:00am Relay for Life meeting  
2:00pm Cross Country Laurel Creek Race  
2:35pm Doctor Who Video Club

#### Sunday, September 22

Autumnal equinox

#### Monday, September 23

11:00am Accepting Differences Club  
11:00am Concert Band  
11:00am Self Def & Conditioning Club  
11:00am Weight room open  
1:15pm Univ. visit: McMaster University  
3:30pm Field Hockey vs Monsignor Doyle CSS  
3:30pm Jr. Boys Soccer @ St. Mary's HS  
3:30pm Jr. Girls Basketball @ St. David CSS  
3:30pm Jr. Boys Volleyball vs St. David CSS  
5:00pm Sr. Girls Basketball @ St. David CSS

#### Tuesday, September 24

11:00am Games Club  
11:00am Programmers' Club  
11:00am Self Def & Conditioning Club  
11:00am Weight room open

#### Wednesday, September 25

8:30am College visit: Mohawk College  
11:00am Lost Club  
11:00am Puzzles Club  
11:00am Weight room open  
2:45pm Hip Hop Dance Crew  
3:30pm Sr. Girls Basketball @ Woodland Christian  
3:30pm Jr. Boys Volleyball vs Woodland Christian  
3:30pm Sr. Boys Volleyball vs Woodland Christian  
5:00pm Jr. Girls Basketball @ Woodland Christian  
Spirit Day  
Opening Mass

#### Thursday, September 26

10:00am College visit: Georgian College  
11:00am Camera Club  
11:00am Lost Club  
11:00am M.A.D. group meeting  
11:00am Weight room open  
11:00am Eco Team  
2:30pm Girls' Workout Club  
2:30pm Games Club  
5:00pm Jr. Boys Football vs Jacob Hespeler SS  
7:00pm School Council Elections and Meeting  
7:00pm Sr. Boys Football vs Jacob Hespeler  
Outers Club outing  
Say "Hi" Day

3:30pm Field Hockey @ St. David CSS  
3:30pm Jr. Boys Soccer vs Monsignor Doyle CSS  
3:30pm Jr. Girls Basketball vs Rockway MC  
4:00pm Jr. Boys Volleyball @ Rockway MC  
4:00pm Sr. Boys Volleyball @ Rockway MC  
5:00pm Sr. Girls Basketball vs Rockway MC

#### Tuesday, October 1

9:45am Univ. visit: Carleton University  
11:00am Games Club  
11:00am Programmers' Club  
11:00am Self Def & Conditioning Club  
11:00am Weight room open  
11:50am College visit: Canadore College

#### Wednesday, October 2

11:00am Lost Club  
11:00am Puzzles Club  
11:00am Weight room open  
2:45pm Hip Hop Dance Crew  
3:30pm Jr. Boys Soccer vs St. Mary's HS  
3:30pm Jr. Girls Basketball @ Msgr. Doyle CSS  
3:30pm Sr. Boys Volleyball vs Monsignor Doyle CSS  
4:00pm Sr. Girls Basketball @ Rockway MC  
4:30pm Field Hockey @ Resurrection CSS  
Spirit Day  
BENN Newsletter release

#### Thursday, October 3

8:30am Univ. visit: Nipissing University  
11:00am Camera Club  
11:00am Lost Club  
11:00am M.A.D. group meeting  
11:00am Weight room open  
11:00am Eco Team  
1:30pm Cross Country Bechtel Race  
2:30pm Girls' Workout Club  
2:30pm Games Club  
5:00pm Jr. Boys Football vs WODSS  
6:00pm Badminton club  
7:00pm Sr. Boys Football vs Grand River

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.

