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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](#)
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[Ms. Laura Varriano Lane](#)

Next Issue

November 27, 2013



Benny's in the Local Media

THE RECORD: [More families require shelter](#)

CAMBRIDGE TIMES: [Ribeiro CIS second team all-star](#)

CAMBRIDGE TIMES: [City honoured for Go Green efforts](#)

CKCO TV: [Kayla Baker and city of Cambridge honoured for ra...](#)

Administrative

News from the Guidance Department

BY MRS. P. KLASSEN

Community Service Hours

If you are looking for ways to complete your Community Service Hours, the Christmas Season provides some ways for you to be involved. St. John Ambulance (Cambridge) is seeking volunteers to take part in their 8th Annual Gift Wrapping Fund Raiser. Volunteers are needed to wrap gifts at the Cambridge Centre Mall during mall hours throughout the month of December. Students interested in volunteering need to sign up in the guidance office before Friday, November 15. The Salvation Army is also seeking volunteers from now until Christmas to help

with their 2013 Red Kettle Campaign which takes place at 10 different locations throughout the Cambridge community. Hours are very flexible and can be adapted to suit your schedule. Contact information for this opportunity is available in the guidance office from Mrs. O'Connor.

Are You a Potential Candidate for the Violet Richardson Award??

The Soroptimist Club of Cambridge is inviting young women between the ages of 14 and 17, who are actively volunteering in their community, to apply for the Soroptimist International Violet Richardson Award. This award recognizes young women who make the community and world a better place through volunteer activities such as fighting drugs, crime and violence, cleaning up the environment and working to end discrimination and poverty. Volunteer actions that benefit women or girls are of particular interest. Interested applicants should contact Mrs. Klassen in the guidance office for instructions on accessing the application (due on December 1).

Post-Secondary Timeline

1. College and University visits being held at our school will come to a close during the month of November.
2. Grade 12 students should continue to do specific institution research at the E-info site (www.electronicinfo.com) for university and www.ontariocolleges.ca site.
3. PIN numbers for students applying to university have arrived and are available in the guidance office. Students planning to apply to university must use this personal PIN number to set up their accounts. Students planning to apply to college do not need a PIN number in order to set up their application account.
4. Now is a great time to arrange for a campus visit or tour at institutions that are of interest. The value of making a personal visit to a school should not be underestimated! Students who have visited campuses are finding this to be very beneficial in their decision making process. Most colleges and universities typically host these events in the fall, as well as in the spring. Specific dates can be found on the web sites of all universities and colleges. Locally, Conestoga College will be hosting their fall "Open House" on Saturday, November 30, at their Doon campus from 1 – 3 PM. No registration is required and parking is free.
5. Review your semester two timetable to make sure that you have all of the necessary pre-requisite courses.
6. Complete your Community Service Hours – AND – remember to hand them in!!
7. Be prepared to wait for confirmation of acceptance from schools. Each institution has its own timeline with regard to admission offers. Try not to let anxiety about acceptance interfere with your progress at school.

St. Jerome's University Tour

St. Jerome's University is affiliated with the University of Waterloo which means that any student who chooses to attend SJU receives a degree from the University of Waterloo. SJU allows students the opportunity to be part of a small campus at a large university. SJU is committed to integrating Catholic tradition with an ever-changing world and the demands of the future. At SJU, Catholic roots of inclusivity foster students from all faiths and beliefs in pursuing personal excellence, spiritual growth, and a passion for social justice through their undergraduate studies. If you are considering studying Arts, Business, Math or Computer Science at the University of

Waterloo, SJU might be an option. On Wednesday, November 20, we have the opportunity to take a group of interested students to SJU for a campus tour, as well as to meet with some professors and visit a lecture. If you are interested, please see Mrs. Klassen in guidance for more information, as well as a permission form.

Dealing with Loss

Hospice of Waterloo Region's Teen Support Program is open to 14 – 18 year olds who have lost a parent, sibling or other significant person in their lives in the last two years through illness or accident. The group addresses issues of loss and grief and coping with loss through various art experiences, group exercises and discussions. Individual and family counselling is also available. These support groups are free of charge for participants and a professional referral to the program is not required. For more information, call Hospice of Waterloo Region directly at 519-1-743-4114 or check out www.hospicewaterloo.ca

Two Plays Tonight!

And tomorrow night and two nights after tonight

BY MRS. A. PETERSEN

Come and see the show: Two performances for the price of one—what a deal!!! "Kindess" and "The Day Billy Lived" will be performed this week Wednesday, Thursday and Friday at 7.p.m. Tickets are only \$3.00 per student and \$5.00 for adults. Tickets will go on sale at lunch starting Wednesday and you can also purchase them at the doors. So tell all your friends, bring your family—that's two shows for the price of one—you don't want to miss out!

Academics

Enriching the Lives of Students

BY MRS. D. WITTMANN

The Student Mental Health Crisis and Post-Secondary Education

Mental health outreach at colleges and universities is more important than ever, campus staff say, as studies show a rise in serious anxiety issues experienced by young people entering post-secondary life. CBC News is running a series on mental health and post-secondary school education.

<http://www.cbc.ca/toronto/features/offcourse/>

Eric Windeler and The Jack Project

Eric Windeler is a father and full-time advocate for youth mental health. The Jack Project is the legacy of his son Jack Windeler who in March 2010, as a first-year student at Queen's University, tragically and unexpectedly died by suicide.



Eric started The Jack Project with his wife Sandra Hanington and their closest friends in May 2010. Since then, Eric has put aside his business interests to lead the charity full-time. Eric has an instrumental role in all aspects of the project and works tirelessly to inspire discussion about mental health, especially among young people. His efforts extend to fundraising and partnership development with key mental health experts and organizations across the country. These efforts extend the reach of The Jack Project to include Unleash the Noise, the first student-led mental health innovation summit in Canada, and Ride for Jack, Canada's bicycle ride for youth mental health. Eric also sits on the board of Partners for Mental Health, a national charity.

<http://www.thejackproject.org/>

Tales from Technology

By Mrs. L. O'NEILL

Introducing Ryan Gall

Ryan was born and raised in Waterloo. He attended elementary and secondary school with the Waterloo Catholic District School Board. Mr. Gall has been teaching for five years. He has spent time at Resurrection and Monsignor Doyle. He specializes in Science and History and is now teaching Computer Engineering.

His hobbies and interests include: movies, basketball, family and travel.

Mr. Gall's goal at St. Benedict is to deliver the stellar educational experience that Bennies is known for, and to make a good impression.

Home Build

By Mr. M. BERGER

Progress is continuing on our home. We are trying to take advantage of the weather before it turns for the worse. Some students have switched from working with wood to working with brick and mortar. Students have had the opportunity to work side-by-side with the bricklayers. Much has been learned.

On October 29, the students participated in 'Construction Day'. The students learned about bridge building and road work from Capital Construction. This new learning occurred at the Toyota plant and the bridge being built for the new LRT in Kitchener. Students were afforded the opportunity to operate the immense paver being used at the Toyota plant. Capital Construction was very generous not only with their time but also for the learning opportunity afforded to the students. An excellent BBQ lunch was also graciously provided by Capital. Thank you



The Home Build boys taking a break from their hard work.

everyone for making this day an immense success.

Art Attack in the Atrium!

By Ms. A. Weiler

It was fast. It was furious. It was Benny's first ever ART BATTLE extraordinaire!

On November 12, 2013, at lunch in the atrium, 20 artists got together to celebrate the theme of kindness. These fabulously talented and brave individuals took center stage. 13 students competed for the top 3 spot prizes and 6 teachers showcased their own artistic visions.

Students were given 16 by 20 substrates upon which they could ply whatever medium they chose. We had everything from pencils, to chalk, to paint, to hammers and nails, and a combination of everything else but the kitchen sink thrown in. Artists were given the theme "Kindness Matters-Be Kind" exactly one week prior to the battle. Based upon this theme, students had only 30 minutes to execute their creative vision. Teachers worked under a handicap, whether it was using unfamiliar or challenging materials or unwieldy sized canvases.

And create they did!

***20 artists got together to
celebrate the theme of kindness.***

It was absolutely electrifying. The atrium was buzzing with energy. The audience watched in anticipation, cheering on the participants from two floors of viewing space. With our MC, Mr. Curtis introducing the artists, calling out the time throughout, and encouraging everyone to vote for their favourites, time flew by. Ms. Fernandes with her meticulous eye for detail and calm energy along with her handy team of helpers had everything running like clockwork as per usual. The audience voted for their favourites as the masterpieces unveiled themselves.



Voting was frantic as the end drew nigh, and then...the results!

Top place went to John Tu, followed closely by Agnieszka Zeglen and Christina Vogiatzis!

All of the competitors should be congratulated for putting themselves through such an intense, grueling competition. The full list of competitors is as follows, in no particular order: Christina Vogiatzis, John Tu, Charlene Sullivan, Chloe Macukinas, Erin Caple, Cassandra Ciuciura, Emily Darling, Agnieszka Zeglen, Lucas Cunha, Rebecca Sibley, Michaela Bobbitt, Sophia Westrop, Emma Dupon, and Laura Bradbury. As well, thanks to our brilliant, supportive teachers who competed: Mrs. Rocha, Mrs. Friedrich, Mrs. Melse, Mrs. Leusink, and Ms. Currie.

All the works for the Art Battle can be viewed in our display cabinets. When you come to visit for Winter Song, be sure to check them out.



Math and Computer Contests

BY MISS C. STOCKIE

The University of Waterloo is hosting the Senior and Intermediate Mathematics and Computing Competitions on Friday, November 21st during periods 1 and 2. Any interested students (in either Grade 9 and 10 for the Intermediate or Grade 11 and 12 for the Senior contest) must SIGN UP in the Math Office (3rd floor – workroom 3.2) no later than 3:00 on November 6th WITH A \$2 DEPOSIT which will be refunded when you show up to write the contest. Come one, come all, and exercise that grey matter!

Still time to get into Quebec trip!

BY MS. D. COSTA

Attention all Intensive French students, Grade 10, 11 and 12 French students!!! Interested in dog sledding, visiting a hotel made of ice, tubing at North America's largest tube park??? Well there are still spots available for the Quebec City trip. Please see Mme Costa anytime during lunch for important sign-up information. You have until November 15th to sign up...Spots are going fast so don't wait!!!

OFSSA X-Country 2013

By MR. F. WITTMANN

This year's St. Benedict Midget Girls team is the most successful cross-country team in the school's history! After capturing the school's 7th CWOSSA cross-country title since 2000, the girls ventured on to Sudbury for this year's OFSSA championship.

Under sunny skies but frigid temperatures, the girls navigated their way through muddy trails and hills to win 6th place in a field of 38 teams from all over Ontario.



Congratulations to Sevanne Ghazarian who won the OFSSA bronze medal for placing third in a field of 262 runners, and her teammates Emily Soares, Natalie Minnick, Makayla Pearl, Taylor Anderson, and Sarah Joseph.

Coaches Wittmann, Stang, Redfearn, and Booth look forward to a bright future!

Junior Boys Volleyball

By MRS. S. MACDONALD

Congratulations to the junior boys volleyball team on their huge win against the first place team Woodland in their last regular season game. Their amazing serves coupled with great team work secured the victory. The boys were down two sets and rallied back to win three straight.

With this win they finished as the top AAAA team in District 8 and on Tuesday after school they went on to defeat the D5 winner.

Good luck to the boys as they play in CWOSSA this Thursday.

Football

Senior Boys

By MR. R. LOWES

BENN BOX SCORES

Jr. Girls Basketball

Semi Final
Saints 27, St. David 17

Playoff Final
Resurrection 34, Saints 19

Sr. Girls Basketball

Quarter Final
Saints 51, Rockway 23

Jr. Boys Volleyball

Saints 3, Woodland 2
Quarter Final
Saints 3, Resurrection 1
Semi Final
Woodland 3, Saints 1

Sr. Boys Volleyball

Pere-Rene 3, Saints 0

Sr. Boys Football

Quarter Final
Saints 14, Sir John A 22

Jr. Boys Football

Quarter Final Saints 44,
Resurrection 20
Semi Final
Saints 19, St. Mary's 8

Girls Hockey

Exhibition
Saints 1, Msgr. Doyle 0

The Senior Football team had a very successful 2013 season finishing with a 4 win 2 loss season. The regular season included key wins against undefeated Eastwood and then beating a very good Cameron Heights team which earned the Saints a bye into the quarter finals. Unfortunately, our top offensive player George Monaghan, who averaged two touchdowns per game, came down with mono, which had a huge impact on the Saints offence.

The Saints were led all season by an outstanding performance from quarterback Brayden Hill and receivers Monaghan and Brad Vince. The defence was led by Devon Pelley, Jamie Duncan and John Carrol. The coaching staff is looking forward to a very strong 2014 squad as we try to bring a Senior football Championship to St. Benedict's. GO SAINTS!!

Junior Boys

By Mr. J. Vale

The Saints Junior Football team played in the WCSSAA quarter finals last Thursday evening against Resurrection Secondary School. The Saints got off to a great start with an Aidan Yearwood kickoff return for a touchdown and never looked back cruising to a 44-20 win.

The Saints next game was against the St. Mary's Eagles in the WCSSAA semifinals. In a low-scoring game the Saints were victorious and advance to the WCSSAA "A" Division Finals with a 19-8 victory.

The Championship game is set for 2:00 p.m. on Saturday at Jacob Hespeler.

Basketball

Senior Girls

By MISS A. WHALEN

Congratulations to the Senior Girls Basketball team for their quarter final win against Rockway. Final score was 51- 23. Please wish the girls luck as they advance to semi-finals tonight against St. Mary's.

Junior Girls

By MRS. K. ARKELL

The Junior Girls basketball team stepped up their game last week and defeated St. David's in a very eventful Semi-Finals. The final score was 27-17, with Julia Mascarenhas scoring 12 points and Afifa Salad adding 9. Laura Ivits had a fantastic defensive game to help keep the Celtics scoring low.

The girls then set their sights on Resurrection in the District 8 finals. Unfortunately, victory was not to be there, as a strong Res team beat the Saints 34-19. We had an amazingly successful season, and the girls certainly earned their D8 silver medal for their efforts.

Boys' seasons set to start

By MR. J. MALNERICH

The Junior and Senior Boys Basketball Teams kick off their seasons this Friday as they get some exhibition games under their belts. The Junior Team faces Dundas Parkside at 4pm while

the Seniors battle St. Mike's from Stratford at 5:30pm. Both games are at here St. Benedict's. The Senior Saints also take on St. James from Guelph here at 10am on Saturday.

Girls Hockey

By MRS. L. O'NEILL

The Girl's Hockey team defeated Monsignor Doyle in a 1 – 0 exhibition game. Ariel Caskanette and Emily Kovacs shared the shut out and Samantha Decan was the goal scorer. Congrats to the girls on what we hope will be a winning trend for the season to come.

Cross Country News

By MR. F. WITTMANN

Attention Cross-Country Runners: All are welcome to train for the Jingle Bell Run on Sunday, November 24th.

Practices will be held Friday November 15, Monday November 18, and Wednesday November 20.

PS: Please return your singlet to Mr. Wittmann if you have not already done so.

Stay up to date with District 8 Sports

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

The new [District 8 website](#) now allows you to sign up themselves for nightly e-mail updates. You can select the school (or schools) you want to follow, and all the sports results will be sent to your email address.

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

Follow St. Benedict Athletics on Twitter! Bennies Athletics (@BenniesAthletic)

Are you interested in playing some intramural hockey?

If you are it will take place on Mondays and Wednesdays from 3:00pm–3:50 pm, starting Monday, November 25. There will be approximately 9 to 10 ice times at Cambridge Ice Park.

The cost is \$60, which includes ice times and a spirit wear t-shirt.

If you are interested, please contact Mr. Jankura in the Phys-Ed Office or Mr. Offak in A2 (the Annex) for a permission form. Sign-up will be based on first come, first served basis as there will be only limited space for players. So don't wait, get your forms in asap!

See you on the ice!!

Do you want to go to WE DAY?

BY MRS. S. MACDONALD

There are still spots on the WE DAY experience. Please drop off forms to Mrs. MacDONald in room 326 by Friday November 15.

Rock Climbing & Reach For The Top

BY MRS. T. RICKERT

The Rock climbing club and "Reach for the top" club are still accepting new members. All are welcome!

Director wanted

BY MRS. J. COX

Any students interested in applying to become the student director for the Sears Drama Festival play, please see Mrs. Cox Friday at lunch in room 124 to pick up an application form.

Glee Club to take a stand against bullying

BY MRS. S. MACDONALD

Join us as we rise up and take a stand against bullying. The Glee Club and guests will be belting out tunes on Thursday, Nov 14 at lunch in the cafeteria to support the Kindness Matters initiative.

Seams Sew Easy

BY MRS. E. MISSIO

Would you like to create your own clothes and gifts? Would you like to learn how to use a sewing machine? Come on out to the Seams Sew Easy Club, meeting this week on Wednesday after school in room 213. Bring your ideas and we'll help you get creative. See Mrs. Missio or Ms. K for more information.

Snap a Kind Shot for prizes

BY MRS. S. MACDONALD

Calling all photographers! Be a part of St. Benedict's first ever photography contest called "SNAP a shot of Kindness"! All you have to do is take a picture that falls under the theme of kindness. It's that easy! Prizes will be given to the best pictures. Good luck and be creative. Applications will be found on the door of room 326. The deadline is Thursday, November 21st 2013, so don't wait.

Other News

Upcoming Events

Wednesday, November 13

2:30pm Reach for the Top
2:35pm Anime Club
2:45pm Hip Hop Dance Crew
7:00pm An Evening at the Theatre
Spirit Day
BENN Newsletter release

Thursday, November 14

11:00am Lost Club
11:00am M.A.D. group meeting
11:00am Weight room open
1:15pm College visit: Niagara College
2:30pm Girls' Workout Club
2:30pm Games Club
2:30pm Yearbook club
2:30pm Camera Club
2:30pm Seams Sew Easy Club
6:00pm Badminton club
7:00pm An Evening at the Theatre

Friday, November 15

11:00am Accepting Differences Club
11:00am Puzzles Club
11:00am Weight room open
11:00am Star Trek Club
11:00am APP Centre open
2:35pm Doctor Who Video Club
7:00pm An Evening at the Theatre

Saturday, November 16

2:00pm Jr. Boys Football @ Jacob Hespeler (finals)

Monday, November 18

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

Tuesday, November 19

8:20am Rachel's Challenge Presentation
8:30am Univ. visit: Brock University
11:00am Games Club
11:00am Programmers' Club
11:00am Self Def & Conditioning Club
11:00am Weight room open
6:00pm Rachel's Challenge Parents' Presentation

Wednesday, November 20

11:00am Lost Club
11:00am Puzzles Club
11:00am Weight room open
11:00am Accepting Differences Club
11:00am MC Crew

Monday, November 25

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

Tuesday, November 26

9:45am College visit: St. Clair College
11:00am Games Club
11:00am Programmers' Club
11:00am Self Def & Conditioning Club
11:00am Weight room open
11:00am Relay for Life planning meeting

Wednesday, November 27

11:00am Lost Club
11:00am Puzzles Club
11:00am Weight room open
11:00am Accepting Differences Club
11:00am MC Crew
2:30pm Reach for the Top
2:35pm Anime Club
2:45pm Hip Hop Dance Crew
Spirit Day
SAC Fall Fair
BENN Newsletter release

Check the calendar on the school website for more information. New information is always being added, and more detailed information about upcoming events can be found there. To see the full calendar, go to Benny's News ► [Calendar of Events.](#)

**Find out what's
happening at St.
Benedict's using your
cell phone**

2:30pm Reach for the Top
2:35pm Anime Club
2:45pm Hip Hop Dance Crew
Spirit Day
Grade Level Mass

Thursday, November 21

9:45am Univ. visit: Redeemer University
11:00am Lost Club
11:00am M.A.D. group meeting
11:00am Weight room open
2:30pm Girls' Workout Club
2:30pm Games Club
2:30pm Yearbook club
2:30pm Camera Club
2:30pm Seams Sew Easy Club
6:00pm Badminton club
Report Cards Distributed

Friday, November 22

8:20am Guest Services & Event Co-ordinator
Training
11:00am Accepting Differences Club
11:00am Puzzles Club
11:00am Weight room open
11:00am Star Trek Club
11:00am APP Centre open
2:35pm Doctor Who Video Club



Visit
stbenedict.wcdsb.ca/calendar.php
from your cell phone.
(Be sure to bookmark it!)

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.

