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

BENN Staff

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

Next Issue

December 11, 2013

Bing KIND



On the day of the *Rachel's Challenge* presentation, staff took a minute at the end of the day to come together in their B Kind shirts for a staff photo. We are hoping that the presentation will help *start a chain reaction* of kindness throughout the school.

Administrative

Grade 8 Parent Information Nights Set for Waterloo Region's Catholic Secondary Schools

The dates / times of the Waterloo Catholic District School Board's annual Grade 8 parent information nights have been set for all five WCDSB secondary schools:

St. Mary's High School -- Kitchener
Thursday, November 28, 2013 -- 6:00 p.m.

Resurrection Catholic Secondary School -- Kitchener
Wednesday, December 4, 2013 -- 7:00 p.m.

St. David Catholic Secondary School -- Waterloo
Thursday, December 5, 2013 -- 6:30 p.m.

St. Benedict Catholic Secondary School -- Cambridge
Thursday, January 16, 2014 -- 6:30 p.m.

Monsignor Doyle Catholic Secondary School -- Cambridge
Thursday, January 16, 2014 -- 6:00 p.m.

For information about the Waterloo Catholic District School Board's secondary schools and secondary school programs, please visit www.wcdsb.ca/schools/schools.html. For school contact information and websites visit: www.wcdsb.ca/schools/schools_list.html.

For information about the innovative Specialist High Skills Major program, please visit: www.highskills.ca.

For information about Cooperative Education & Experiential Learning, please visit: coop.wcdsb.ca.

For information about WCDsb's Student Success Learning to 18 Strategy, please visit: www.wcdsb.ca/programs/pdf/Student-Success-Learning-to-18.pdf.

Are you interested in School Council?

The next meeting for School Council will be this Thursday—November 28—at 7:00pm in room 111. Enter at the front of the school, bear left until you get to Guidance. Your input and feedback is always important to us; all interested parents are welcome to attend!

This reflection was written in response to the presentation by Larry Scott, Rachel Scott's uncle. Rachel was the first victim of the Columbine massacre on April 20, 1999. Rachel's Challenge was brought to our school in Partnership with the Waterloo Region Police Services. The presentation was financially sponsored by the Waterloo Region Suicide Prevention Council and the Barrday Schools of Excellence Award won by Mr. John Curtis.

Rachel's Challenge Start a Chain Reaction

BY MRS. J. COX

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

Ephesians 4:32 ESV

I am so grateful to have heard today that sometimes Rachel didn't feel like being kind. It's so hard sometimes even for a nice person to be kind. When faced with sourness and bitterness, I often want to respond in the same way. I think the hardest thing for me to swallow is downright whininess: the pervasive malcontent of some people who think they don't need to be kind. When

someone ignores me, or treats me with smugness, sometimes I just get so angry! Kindness is the last thing I think of when I'm angry like that!

Anger can be a dangerous thing. But we have to remember that anger is an emotion given to us by God. It's what we do with the anger that sets us apart. Rachel responded in anger to bullies in the hallway. It was her God-given anger that made her step out from the crowd.

Kindness is also God-given. God has called us, as His children, to use our emotions wisely. Paul writes to the people in Ephesus to treat each other with kindness. Kindness isn't just a feeling; we heard that clearly this morning. Kindness is a chosen response. If we choose kindness, our actions will be kind.

***Kindness is a chosen response.
If we choose kindness, our
actions will be kind.***

Our heart can be tender. "Tender" is an adjective; meaning soft, easily broken, weak. This is not a negative thing. To be weak in this context is actually a strength. Look at the strength that Rachel showed to the hallway bullies when her heart was tender toward the victim. To have a tender heart is a beautiful thing. It inspires us to act kindly.

But what do we do on those occasions when we just don't feel like being kind? You know the days: we're having a bad day at work or home, and we just don't feel tenderhearted. Well, like Rachel, we just have to be intentional about it. Did you know that if you stick a pencil in your mouth and hold it with your teeth—I mean sideways so that one half sticks out the left side of your mouth and the other half sticks out the right side—and hold it there long enough

that you will eventually smile? And then take the pencil out and you're still smiling. It's because the muscles that hold the pencil are the same muscles you use when you smile. So, when you don't feel like smiling, just stick a pencil in your mouth and eventually you will. This muscular action then sends a message to your brain that your face is smiling so your brain kicks into a happier mood. Amazing huh? So, this is the perfect example of "fake it 'til you make it".

Rachel's Challenges:

1. Look for the Best in Others
2. Dream Big
3. Choose Positive Influences
4. Speak with Kindness
5. Start your own Chain Reaction

Reprinted from RachelsChallenge.org

This is a great way to practice feeling kind and courteous to others when you just don't feel like it. But I'm going to suggest that possibly there are people out there who just don't know how to be courteous to one another. Some people have never had someone else open a door for them, or let them go first in a line. What a pity that some people have just never had good role models when it comes to courteous behavior. Well, if you are one of those people, and you'll know you are if people just want to either avoid you, or hang around you all the time because they're scared not to, what you have to do is intentionally seek out and watch the behavior of kind people, and then do what they do. It's really that simple.

I'm going to offer 3 things that are necessary in order for kindness and courtesy to happen:

1. **Step out of your comfort zone.** Yes, do something you're not used to doing. Open the door for someone,

Starting a Chain Reaction at St. Benedict...

Students in St. Benedict's cafeteria were treated to a special presentation last week. Last Thursday—in response to the Challenge—a very brave grade 9 student, Miranda Zahra, and Mr. O'Connor both gave up

smile in the hallway, say good morning to someone you don't know etc etc. There's a gazillion ways to just step out of your box – start with a baby step and you'll be surprised how quickly your steps get bigger and more natural.

2. **Experience the awkward silence.** Yup, when people see you start doing these things they might just take a second to wonder why you're doing this new thing. Let it happen. Let the person have that moment of awkward silence. And let yourself experience the awkward silence too. Get over the embarrassment. Cut yourself and each other some slack. I promise you won't die! Eventually the silence won't be so awkward.
3. **Get over yourself.** Come on people...we need to get over ourselves – please! It's not hard to just extend one simple act of courtesy and kindness to one person one day! No one on this planet is so much better than you that they don't need kindness from you; and, get ready for it, you're not that great that you don't need kindness from others!

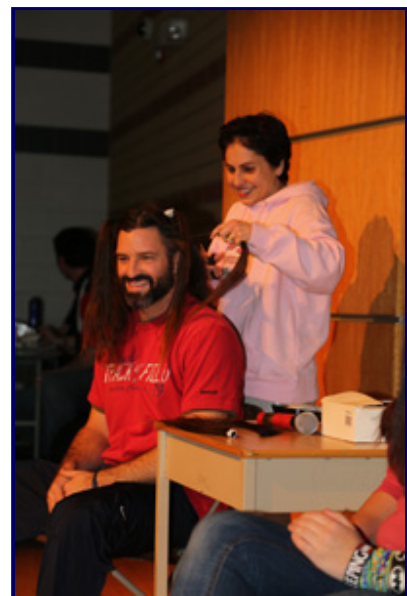
This is the way God made us. He made us to live on this planet together. He made each of us different, special, and unique. He didn't make us to be alone though. He made us to communicate and work together. He gave us hands to extend to others; He gave us a heart that can break for others; He gave us a brain to use for others; and He gave us eyes that don't look in but that look out on others.

Rachel, I thank you for giving us your diary and for letting us intrude into your private thoughts to remind us of what's really important. I'm so grateful for the short but powerful life you lived. You are a living testimony of how we need to treat ourselves and each other. Thank you for this reminder.

Reader, if you—like me—feel that sometimes you aren't your best, your kindest, your most courteous self, then it's not ever too late. Just remember the simple ways that you can change and show the world a more kinder you. Start by forgiving yourself and possibly extending forgiveness to someone else. Be intentional. Step out of your comfort zone, experience the awkward silence, and get over yourself. The beauty is it's easier than we think, it's never too late, and we can start today!

their lengthy locks for a good cause. They will be donating their hair to *Angel Hair for Kids*, an organization that takes donated hair and uses it to make wigs for children who have lost their hair to cancer treatment.

Both Miranda and Mr. O'Connor hope that their effort to continue the chain reaction of kindness at St. Benedict spurs others to be kind and hope that everyone finds a way to meet the challenge.



News from the Guidance Department

By Mrs. P. Klassen

Registration and Transition Information for In-Coming Grade 8s

Early in 2014, St. Benedict will formally begin the transition process for in-coming grade 8 students. Each of our feeder schools will take part in a half day visit to our school following the Christmas Break and our Grade 8 Parent Night will take place on Thursday, January 16, 2014. Please pass this information on to any neighbours who may be considering St. Benedict for the 2014 – 2015 school year. All students and parents, from all school systems are welcome to attend this event which will highlight all that our great school has to offer.

Community Service Opportunities

1. The “Christmas in Cambridge Festival” is looking for volunteers to help make this event a success. The committee is seeking volunteers to help with children’s games, rides, crafts, site set-up, and the information booth, as well as for costumed characters. Apply with a friend and ask to work together. Pick up an application from Mrs. O’Connor in the guidance office or apply on line at Christmasincambridge.ca
2. The Salvation Army of Cambridge is seeking volunteers to help with the 2013 Christmas Red Kettle Campaign. Hours can be as flexible as volunteers need them to be. If you are interested in this opportunity, contact information is available from Mrs. O’Connor in the guidance office.
3. The Faculty of Education at Wilfrid Laurier University is seeking volunteers for their LEAP (Laurier Enriched Academic Program) Sensational Saturday morning enrichment camps. These camps, which run from 9 AM – 12 Noon from January 25 – March 1, 2014 are geared to gifted and highly able campers in grades 1 – 9. LEAP camps are designed and led by certified teachers, and offer challenging programming in an engaging environment. Volunteers must be 16 years of age or older. This is an ideal volunteer opportunity for anyone who is considering teaching as a future occupation. Application forms and additional information are available at www.wlu.ca/leap

Post-Secondary Information Update

Although school visits from college and universities have concluded, grade 12 students should still continue to do specific institution research at the E-info site (www.electronicinfo.com) for university and www.ontariocolleges.ca site for college information. Grade 12 students are encouraged to apply well before the approaching deadline dates – January 15, 2014 for university and February 1, 2014 for college. Students should continue to check the email distribution list for updates and information about specific school open house dates and scholarship opportunities. If you are in grade 12 and do not know what the email distribution list is, sign up today by going to the SBCSS web site.

Additional Course Offering Semester Two

Grade 11 and Grade 12 students should be aware that additional section of the Indigenous Peoples (NWD 4MI) course is being added next semester. This course, which ran for the first time

in the 2012 – 2013 school year is quickly gaining popularity with students interested in the social sciences. The course will be offered in either period 3 or 4 next semester. Please contact your guidance counsellor if you are interested.

Community Supports

BY MRS. S. AYERST

Christmas is a time for family and a time of joy and celebration. It can also be stressful.

The Community Outreach Program can help link families with supports and resources, such as Financial/Food Supports, Grief and Coping over the holidays, and subsidies for Children's Recreation Programs.

Contact the Community Outreach Worker closest to you:

Cambridge Family Early Years Centre	(519) 740-8353
Hespeler Area or Cambridge Self Help Food Bank (Susie)	(519) 622-6550 ext. 107
Fiddlesticks and Greenway Chaplin Community Centre (Patti)	(519) 623-4220
Preston Central and Langs Farm (Crystal)	(519) 653-1470 ext. 235
Preston Heights Community Group (Heather)	(519) 650-2971

If you or someone you love is feeling overwhelmed and hopeless over the holidays and you don't know where to turn, call the Crisis Line (519) 744-1813.

Your help is needed!

Please consider supporting St. Benedict's Student Crisis Fund

The Catholic community of St. Benedict Catholic Secondary School recognizes that there are students and families who at times experience great financial need. A Student Crisis Fund has been established in an effort to support these students. Each year the staff at St. Benedict's gathers to celebrate the season of Advent. This year, as a part of our gathering, we are going to have a staff raffle and silent auction to raise money for the Student Crisis Fund.

Please consider donating any of the following:

- homemade craft items (Christmas ornaments, baby hats & booties etc...)
- re-gift items (i.e. those candles you received from your great aunt that are still in the box :)
- gift cards

No donation is too small and we truly appreciate anything that you can donate to help raise money for students in need in our community. Please drop off any donations to the main office and let Mrs. Fondacaro know that they are for the staff auction. Thank you for your support!

Enriching the Lives of Students

BY MRS. D. WITTMANN

Grade 10 Enriched English

The Grade 10 Enriched English class took a trip to the University of Waterloo on Thursday to enjoy both a lecture and production of William Shakespeare's Richard III. With the help of REAP (Research Entrepreneurs Accelerating Prosperity) they added digital surprises to their programs and posters. Students were asked to download the Layar app which presented overlay images of links on their screens. They were encouraged to use Twitter and share their thoughts about the show. It proved to be an interesting day. (Photographs courtesy of ENG2DN student Tayia-Nicole Brown)



EQAO Math Test Prep

BY MR. D. BORBA

Did you know that there will be EQAO prep sessions every Monday and Wednesday after school in room 308? No? Well now you do!! Sessions start December 2nd. Come out to practice and learn strategies that will help you be more successful on the EQAO.

2014 Skills Canada Competition

BY MR. N. CALHOUN

Skills Canada competitions are approaching quickly. St. Benedict has a rich history of attendance at these competitions. In the past we have entered Culinary, Hospitality Service, Job Interview, computer Aided Manufacturing, Home and Team Build, Auto Service Technology and more. It is time to continue the tradition.

Teachers will be volunteering their time to help students discover vocations and avenues through the Skills competition venue.

See a list of all the [competition categories](#) on the WCSDB Skills webpage.

How does it work? Students that are interested in challenging themselves in a particular area may ask the corresponding teacher to help them train and prepare for entrance into the Skills Canada competition. Both the

Teacher and the student will use Regional Skills Scopes to help them prepare.

Where does it lead to? Skills competition generally move from school based competition to Region, then Provincial when is then followed by a National competition. Skills even goes as far as International competitions.

***follow our Twitter feed,
@BennySkills.***

If you are interested in participating in representing yourself and St. Benedict C.S.S. at Skills, please contact [Mr. Calhoun](#) in room 105. Online registration opens Monday December 2! Follow our Twitter feed, @BennySkills, for more information.

Further interested? Check out this site: www.skillswaterloo.ca.

Students Successfully Select Stocks

BY MR. F. WITTMANN

This year's Economics class played the annual Nipissing University Stock Market Challenge. Congratulations to the top three performers in the class: Calum Tilley, Nick Wittal, and Drew George. After only 6 weeks, their investments grew by 18%, 10%, and 5% respectively.

Co-Op Career Fair

BY MRS. M. CROWELL

Students can come out at lunch on Tuesday, December 10 and visit our coop career fair in the atrium. Speak with current co-op students and see what co-op is all about. Everyone welcome!!!

St. Benedict's Second Annual Science Olympics

BY ERIN CAPLE & DARRELL RELLEVE

On Wednesday, November 6, the St. Benedict Science Team hosted their Second Annual Science Olympics for grade seven students. Many local schools participated in the event: St. Peter's, Our Lady of Fatima, St. Michael's, St. Elizabeth's, and Christ the King. They took part in many exciting science-related challenges such as "Ice, Ice, Baby", "Bridging the Gap", "Anatomy Blitz" and "Habitats and In-tree-guing Facts". In "Ice, Ice, Baby", students raced against the clock to test different methods of melting ice, and learned which method melted their block the fastest. They moved on to "Bridging the Gap", where their groups were challenged to build a bridge with limited time and materials. During "Anatomy Blitz", students had to locate the correct organ on a body



template, and were tested on their knowledge of the body part name and location. Finally, they competed to correctly answer some biology and ecology trivia questions in "Habitats and In-tree-guing Facts".

Overall, it was a successful day! The St. Benedict's Science Team did an amazing job planning and executing their events, and the grade seven students displayed exceptional sportsmanship and enthusiasm for science. After a day of hard work and determination all schools left

with a smile on their face and an award in their hands. Until the next Science Olympics!!

Athletics

Wrestling Success Starts

BY MS. D. COSTA

And so the wrestling season starts and after our very first tournament at Monsignor Doyle, the team walked away with a total of 3 medals. Congratulations to Harvir Lall for placing first overall in the tournament bringing home a shiny gold medal for Benny's.

Other medalists were Tayia Brown with Silver in her first wrestling tournament ever, and a bronze medal went to Presley Showers. A special congrats to all wrestlers who show consistent dedication to morning practices every day and who wrestled their hearts out to represent Benny's with pride.

The Saints' wrestlers next see action at our tournament next Friday at Jacob Hespeler.

Cross Country... Still Running!

BY MS. T. STANG

Several members of Bennie's cross-country team survived sub-zero temperatures at the Jingle Bell Run on Sunday, November 24/13, and each came home with some hardware: Sevanne Ghazarian – overall female winner Marcus Noble, Colton Dorion, Ryan Briones – 1st, 2nd, and 3rd in the high school boys division

Ms. Stang – 1st in her age class

Aaron Silver, Adam Indycki, Mr. Wittmann, and Adrian Alvarado – 1st place team

Winter running continues this week Wed and Fri after school. All are welcome!



Colton Dorion, Ryan Briones, Sevanne Ghazarian, Marcus Noble proudly showing their hardware.

Stay up to date with District 8 Sports

The [District 8 website](#) 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>.

Clubs

Seams Sew Easy

BY MRS. E. MISSIO

The Seams Sew Easy club is a new club here at Benny's. We meet every Thursday in room 213 from 2:30 until 4. The purpose of our club is to help students learn how to be creative using textiles. No previous sewing experience is necessary. Mrs. Kloiber and Mrs. Missio will help students to get started with their projects. We supply sewing machines and all of the other tools needed to be creative. The students supply the creative ideas and fabrics they'd like to work with. We are very impressed with the variety of designs students are coming up with. Students have been working on hats, skirts, stuffed animals and even anime costumes!

Make Your Own Ugly Christmas Sweater!

On December 5 and December 12 we will be making our own ugly Christmas sweaters. Bring a plain sweater, sweatshirt or t-shirt and we'll help you make into the ultimate Christmas Party Sweater using iron on trims, jingle bells and buttons! For more information see Mrs. Missio in room 213.

Student Activities

Creating for Christmas!

BY MS. A. WEILER

It's coming. December 3rd, LIVE in the atrium at lunch, a battle of untold EPIC proportions. We bring to you, for the first time ever... ART BATTLE: Art That Makes a Difference!

11 brave staff artisans.

1 Mission.

30 minutes.

You will see it all, as you have never seen before! Art in its finest forms: charcoal, marker, paint, scrapbooking, stone carving, cake.....cake? Yes, there will be a cake, sugar art of the highest degree.

To make things even more phenomenal, ALL of the final creations will be put up for silent auction. ALL of the proceeds will go to our Christmas Fund, for our school community families who need some special elves to make this Christmas a little brighter.

Everyone is invited to bid on their favourite pieces. Pictures of the final masterpieces will be posted so that you can choose your favourite. If you want to see the creations live, pieces will be on display in the atrium at our Wintersong extravaganza, the eve of December 17th. Bidding closes that evening. Each piece will go to the highest bidder.

But what about that cake you ask? The cake will be taking bids throughout the battle and until the end of period 3. The highest bidder will take home that delectable, delightful, delicious culmination of artistic vision at the end of the day December 3rd.

Save your pennies, help a good cause and let the battle commence!

Other News

One of our St. Benedict students, Tess Wittmann, is involved in a student exchange program with Rotary International this year. She is currently studying in Portoviejo, Ecuador, and will be keeping us informed of her cultural exchange through a series of articles affectionally known as "Beavertale".

Beavertale, episode 1

BY TESS WITTMANN

Part 1 of a 2 part article

My trip began on August 23rd 2013. I had said my goodbyes to all my friends the previous few days and finally felt ready to begin my journey. I was mentally preparing myself the night before because I didn't want to cry very much at the airport, however, that didn't go as planned. I cried a lot while saying goodbye to my sister, and to this day I can still hear her final goodbye to me. The day of August 23rd I went to the Toronto airport with my parents and my sister whom is closest in age to myself. It was hard saying goodbye, and I shed a tear as I went through the gates alone for the first time, but their encouraging words lifted my attitude. I had two huge suitcases which were extremely difficult to carry alone, however a kind man helped and directed me where to go since it was my first time on an airplane. I actually met another exchange student from America in the airport which felt really cool seeing as he would embark on a similar journey as me. Finding my family was extremely easy because they made a sign with my name on it as well as spelled my name using balloons. Even though they had used my full name "Teresa" instead of my nickname "Tess", I was still amazed at their efforts.

As I got a ride to Portoviejo, I realized it was very different than the home I am used to. The driving is very dissimilar, especially because everybody honks all the time. A good description of a majority of the homes are "half-finished". It took a lot of time to get used to it, but has made me more appreciative of things as well as given me a better view of a world outside of Canada.

When I arrived I did not know too much about Ecuador, so following is a brief summary of Ecuador facts. Ecuador is located northwestern coasts of South America. They use American dollars and the official language is Spanish. There are 2 seasons in Ecuador: the dry season and the wet season. Dry season is June - December for the coast, and the wet season is January - May. Even in the wet season most days are sunny until the afternoon. Also, the average temperature is 25 degrees on the coast, which is very nice considering my tan is improving every day. However, the daylight hours go from 6am - 6pm, so it gets very dark quickly in the evening. Car alarms and fireworks go off for no reason nearly every night, but even to this day the alarms fascinate me with the "different" ring. Since it is too dangerous to walk alone outside, we take taxis nearly everywhere. They are very inexpensive as \$1 - \$2 gets me everywhere I could want to go in my city.

The food is quite different as well. They eat a lot at the 3 meals of the day, especially lunch. My school is over at 1:40 so I come home in time for lunch. They also really enjoy their rice here. They eat it at least once a day, sometimes twice. Chicken and rice is a very common dish here. There are many dishes I have tried here that I would otherwise never have the opportunity to do so. I particularly like ceviche y chifles. Ceviche is a popular seafood dish and is typically made from fresh raw fish marinated in citrus juices. Chifles are fried slices of green or ripe plantain, and I eat them like potato chips.

I began school my 2nd week of being here and it is quite different from Canada. Every school has a uniform which is quite strict. Everyone speaks very quickly making it difficult for me to understand, including the teachers. They understand I am learning the language so they have begun speaking slowly. School itself is fun. There are about 9 other exchange students in my school, but only 1 is in my class so it gives me the opportunity to practice Spanish since almost all the exchange students can speak English. They have a lot of classes and each day is different, but

it is the same group of students in each class so it is easy to make friends. The only 2 classes where I have a different group of students are Math and English because there are multiple levels. Being an exchange student, everyone is interested in your life, so speaking out will really make them love you. Everyone is more than happy to talk to you so it is really easy to make friends and practice Spanish. I am currently focusing on learning the language than the school itself because when I begin to understand the lesson, school will become significantly easier for me! I have “summer” vacation in March – April, and I cannot wait!



Tess (middle) with several of the other Rotary exchange students.

Upcoming Events

Wednesday, November 27

2:30pm Reach for the Top
 2:35pm Anime Club
 2:45pm Hip Hop Dance Crew
 3:30pm Jr. Girls Volleyball @ Pere-Rene
 3:30pm Sr. Girls Volleyball @ Pere-Rene
 Spirit Day
 SAC Fall Fair
 BENN Newsletter release

Thursday, November 28

11:00am Lost Club
 11:00am M.A.D. group meeting
 11:00am Weight room open
 1:30pm Swim Team mini-meet #2
 2:30pm Girls' Workout Club
 2:30pm Games Club
 2:30pm Yearbook club
 2:30pm Camera Club
 2:30pm Seams Sew Easy Club
 2:30pm Midget Boys Basketball tryouts
 6:00pm Badminton club
 7:00pm School Council Meeting

Friday, November 29

Sunday, December 8

Second Sunday of Advent

Monday, December 9

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
 3:30pm Sr. Boys Basketball vs Msgr. Doyle
 3:30pm Jr. Girls Volleyball @ Msgr. Doyle
 3:30pm Sr. Girls Volleyball @ Msgr. Doyle
 5:00pm Jr. Boys Basketball vs Msgr. Doyle

Tuesday, December 10

9:00am Reconciliation 9—11 a.m.
 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
 11:00am Co-Op Career Fair

Wednesday, December 11

11:00am Accepting Differences Club
 11:00am Puzzles Club
 11:00am Weight room open
 11:00am Star Trek Club
 11:00am APP Centre open
 2:30pm Midget Boys Basketball tryouts
 2:35pm Doctor Who Video Club
 School Liturgy

Sunday, December 1
 First Sunday of Advent

Monday, December 2
 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
 3:30pm Jr. Boys Basketball @ Woodland
 3:30pm Jr. Girls Volleyball vs Woodland
 3:30pm Sr. Girls Volleyball vs Woodland
 5:00pm Sr. Boys Basketball @ Woodland

Tuesday, December 3
 8:20am Conflict Resolution & Lifting Techniques
 11:00am Games Club
 11:00am Programmers' Club
 11:00am Self Def & Conditioning Club
 11:00am Weight room open

Wednesday, December 4
 8:20am Chiropractics: Specialized Care, Ethics & Terminology Training
 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
 3:30pm Sr. Boys Basketball @ Resurrection
 3:30pm Jr. Girls Volleyball vs Resurrection
 3:30pm Sr. Girls Volleyball vs Resurrection
 5:00pm Jr. Boys Basketball @ Resurrection
 Spirit Day

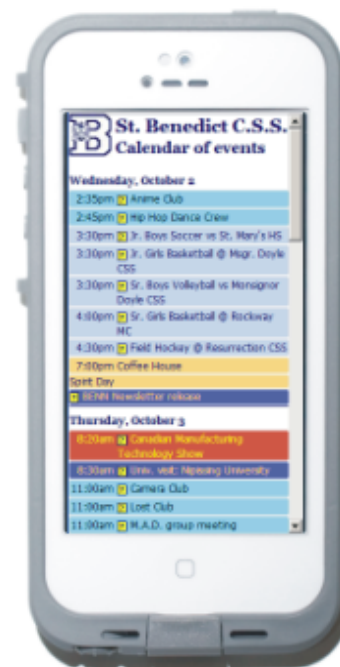
Thursday, December 5
 8:20am Standard First Aid & CPR Level A Training (2 days)
 8:20am Zoom Challenge Day
 11:00am Lost Club
 11:00am M.A.D. group meeting
 11:00am Weight room open
 1:30pm Swim Team mini-meet #3
 2:30pm Girls' Workout Club
 2:30pm Games Club
 2:30pm Yearbook club
 2:30pm Camera Club
 2:30pm Seams Sew Easy Club
 6:00pm Badminton club

Friday, December 6
 11:00am Accepting Differences Club
 11:00am Puzzles Club
 11:00am Weight room open

8:20am The role of Museum in Society: Training in Anthropology/Archeology
 8:20am Software: Excel Training
 8:20am Specialized Care: Chiropractic
 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
 3:30pm Sr. Boys Basketball @ St. Mary's
 3:30pm Jr. Girls Volleyball vs St. Mary's
 3:30pm Sr. Girls Volleyball vs St. Mary's
 5:00pm Jr. Boys Basketball @ St. Mary's
 6:30pm Swim Team District 8 Final
 Spirit Day
 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



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.

