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

Next Issue

February 19, 2014

It is the start of a new semester...

New semesters are new beginnings; new challenges, new opportunities.

Students: there is no story here. Write your own this semester. Hopefully it will be a tale of conquests, successes, and victories. You are the author of your own destiny, your own story; write it with passion, write it with pride!

Have a successful semester!

— Editor

Administrative

Dealing with loss

Tips for helping your adolescent deal with unexpected death of a friend

By Mrs. C. McDonald-Reis, WCDSB Social Worker

- Acknowledge your child's shock and the emotional upset. Sometimes just being there to listen is what your child really needs. Acknowledge that we don't always have answers for why these things happen. It is OK to say "I don't know".
- Help your child to cope by doing what feels comfortable. For some it is talking about their feelings to parents, for others it is talking to their peers. Not talking at all is also a way of

coping. Encourage healthy ways of coping like writing, physical activity, being with loved ones and doing the things they used to do prior to their friend's death. "Check in" with your child more often.

- Help your child understand that it's not helpful to engage in speculation and rumours (and sending that via Facebook, Twitter, Instagram, etc.). Set a good example for your child by not engaging in sharing rumours as well.
- Reassure your child that school is a safe place to be and encourage your child to attend. We know that children grieve in a healthy way with those who are familiar to them, and school is one of those opportunities to be with familiar people. If your child is refusing to attend, please be in touch with your child's guidance counselor as soon as possible,
- Some teens may react with hostility and anger. Try not to take any outbursts personally and be present with your children in a calm way during these times. Confusing emotions are a normal part of the grief experience.
- Be aware of signs that your teen needs additional support to deal with this incident. Warning signs include: prolonged physical or psychological distress (lack of appetite, sudden weight gain, persistent aches and pains, more than usual sleep, continued panic, anxiety, worry or depression), becoming violent towards self or others, or a change in regular activities.

Websites that will provide safe and reliable information for you or your child about coping with mental health concerns:

- www.mindyourmind.ca
- www.twloha.com

Should you have concerns about your child please be in touch with your child's guidance counsellor.

Academics

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](#).

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!

Check out [IDC4U – Interdisciplinary Studies for Autonomous Students](#).

Visit The [Course Calendar](#) for other Enrichment opportunities.

U of W Math Contests fast approaching

BY MISS C. STOCKIE

Get ready – the 2014 University of Waterloo Math Contests are almost here! The Grade 9 Pascal, Grade 10 Cayley and Grade 11 Fermat Math Contests will be written on Thursday, February 20th.... but the DEADLINE TO REGISTER is next week on Thursday, February 6th.

Please see your Math teacher or stop by the Math Office (Workroom 3.2) to sign up. A \$2.00 deposit is required, which will be returned when you show up to write the contest. You still have lots of time to practice – previous year's contests and full solutions are available on the U of W website (www.cemc.uwaterloo.ca) OR you can access these support materials from your Math teacher.

Don't miss out! Register TODAY.

ASAP Scientists help students communicate

BY MRS. R. CURRIE

During a visit from Mitch Moffit and Greg Brown from YouTube's ASAP Science channel, students from Ms. Currie's Enriched Math class put their noggins together on a mini project for the popular YouTube sensation. In groups, students worked on making their own videos to provide simple answers to everyday math-related questions. When the ASAP guys came into the classroom, the students worked on communicating their ideas in graphical form. [Check out their contribution to the ASAP Science Facebook page!](#)

Junior drama students raise \$300 for our Free The Children school building fundraiser

BY MRS. M. ROCHA

The first semester grade 9 and 10 classes worked extremely hard on their comedy production titled Rated T 4 Teen. For many of them, it was their first experience of being part of a drama performance for a large audience. Their commitment to the creative process during class time resulted in a very successful show night. What's especially impressive is that all of the scripts were original and student written. Mrs. Rocha and Mr. Renner are so proud of the students and they encourage them to be involved in other productions at the school. Also, a big thank you to all of the audience members who came and out to the show to support the students and for helping us to raise money towards our school building campaign.

Active Students Volunteer for Nutrition for Learning

BY MRS. E. MISSIO

The Active students completed three volunteer jobs for *Nutrition for Learning* during the first semester. We packaged food items for distribution at elementary schools.

We started with turkey pepperettes, then did Cheerios, and finished the semester with our largest job, which was packaging 240 boxes of crackers into snack sized bags of 12.

The students learned valuable teamwork skills and were very proud to complete the job on the final day of semester 1. We are planning to continue volunteering next semester.



Some of the students involved in Rated T 4 Teen.



Athletics

Midget B-ballers finish second

BY MR. R. GALL

Congratulations to the midget boys basketball team that took second place at the Rockway Junior Tournament this past weekend. The boys played above themselves and took down two junior teams, before losing a nail-bitter in the final by 3 points. Good work gents.

Come out and support your midget team as they play a double header in the gym on Thursday.

Junior B-ballers

BY MR. J. MALNERICH

During this past weekend, the Junior Boys Basketball team had the privilege of playing in the 37th Annual Father Kennedy Memorial Basketball tournament in Hamilton. This was the first appearance by the Saints since 2002. This tournament is billed as the unofficial Ontario Catholic basketball championships and entry is based on invitation only. This was quite the honour for our team.

In our first round match-up we faced a tough team from Bishop Ryan in Hamilton. After a tight first half, the Saints pulled away to 44-29 victory. Leading scorers were Zubair Seyed with 16 points and Lucas Cordoso with 9. Bishop Ryan went on to win the consolation championship over Resurrection Catholic Secondary School from Kitchener.

Our second round game matched us up with Cardinal Newman from Hamilton, the number one ranked team in their region. This too proved to be a tough match, but again the Saints prevailed with a 51-43 victory. The Saints were led again in scoring by Zubair Seyed with 15 points, followed closely by Justin Malnerich with 14.

The semi-final match brought the Saints up against a very tough team in Jean Vanier from Richmond Hill, currently ranked 3rd in the Greater Toronto Area. After a quick start by the Saints, the game quickly turned into a chess match with the lead changing hands a number of times. Jean Vanier took a 31-30 lead into the fourth quarter and promptly went into a stall, trying to force the Saints out of their zone defense. The stall lasted a full four minutes before the Saints came out to press. This led to a turnover and a score that put the Saints up 32-31. After a number of lead changes, Jean Vanier scored 2 points with 15 seconds to go for a 3 point lead. Justin Malnerich hit a clutch 3-pointer with 9 seconds to go, leading the game into overtime. The overtime session once again began with a 2 minute stall by Jean Vanier. The two teams traded baskets down the stretch with every indication that the game would go into a second overtime. But a desperation shot by Vanier with 2 seconds to go led to last second rebound and basket with no time on the clock, giving the Richmond Hill team a 37-35 victory. Zubair Seyed led the Saints in scoring for a third straight game with 10 points. His accomplishments on the court were honoured with a first-team all-star selection. Vanier went on to win the championship final by 10 over the number 2 ranked team in the GTA, St. Michael's College from Toronto.

While this was obviously a big disappointment to the boys, they proved that they could play basketball with the best teams in the province. They look forward to their next action, the District 8 semi-final, which will be on February 10 in our own gym at 3:30. Please come out to support one of the best junior teams in Ontario.

Girl's Hockey meeting

BY MRS. L. O'NEILL

The Girl's Hockey team will be competing in the Queen of Hearts Tournament in Burlington on Friday Feb. 14, 2014. There will be a MANDATORY practice on Monday February 10th. Please see Mrs. O'Neill if you cannot be there.

Track and Field

BY MR. F. WITTMANN

Track and Field will begin Mon. Feb. 24th with indoor training after school. Join a great tradition. All are welcome.

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>.

Clubs

Making a Difference Club meeting

By MRS. M. ROCHA

The Making a Difference Club is meeting this Thursday at lunch in room 326 to prepare for our WE ARE LOVE campaign. Many helping hands are needed...new members all welcome!

Doctor Who Club

By MR. D. KUKWA

Doctor Who Club resumes this Friday, after school, in Room 226. This week's feature episode is the Matt Smith story "The Time of Angels".

Here is a partial list of the clubs that are running this semester. All meetings are at lunch unless otherwise noted. More will be added as the semester progresses. Check the website calendar for more details!

Monday

Guitar club – room 103

Camera club – room 216, after school

Tuesday

Saints4life Club – room 206

Wednesday

Art Club – room 217

Anime Club – room 210, after school

Thursday

Making a Difference Club – room 326

Rock Climbing Club – 2:30–5:00pm for 10 weeks starting in March (more info to come at the end of February)

Badminton club – 6:00–7:30pm in the gym

Friday

Doctor Who video club – room 226, after school

Track and Field Fitness Training

Indoor fitness starting Mon. Feb. 24 (2 weeks) Mon/Wed/Thur 2:45 – 3:45

Outdoor fitness starting Mon. March 17 (2 weeks) Mon/Wed/Thur 2:45 – 3:45

Outdoor full training starting Mon. March 31 (all April and May) Mon/Tues/Wed/Thur/Fri 2:45 – 4:15 unless there is a staff meeting or a holiday

Weight Room

Open after school this semester
Mon Tues Wed 2:25–3:25 for all students
Thurs 2:25–3:25 Girls Only Fitness

Student Activities

Cosy up to our new cardigan!



The finished cardigan will feature the St. Benedict "B" logo embroidered in gold and gold stripes on the arm and at the bottom of the navy blue sweater. (Not exactly as shown.)

Student Council is currently trying to add a navy blue cardigan to our official uniform, but we need your support to make it happen. In the next two weeks, student council will be gathering signatures on a petition to prove there is enough interest in ordering the cardigan.

Although the actual design has not been finalized by McCarthy, the cost would be around \$60.00 and it would be a unisex navy blue cardigan that would be available to both boys and girls as a uniform option.

If you want to see a cardigan in your closet, sign the petition in the SAC Office before or after school.

Other News

Parish Connections

Things That Make You Go Hmmm...

BY FATHER F. FREITAS, PASTOR, ST. MARY OF THE VISITATION PARISH

At St. Mary of the Visitation Parish we know that sometimes in life there are *Things That Make You Go Hmmm...* Check out our newest video at http://www.youtube.com/watch?feature=player_embedded&v=xyHd33wwKvo and then join us during the Tuesday Nights of February for a Free Dinner, Children's Program, Adult presentations and the opportunity to find answers to the tough questions.

Invite a neighbour, friend and plan to attend by registering through our website: <http://form.jotform.ca/form/40177207751250>

Things that make you go **hmmm . . .**

we all have those questions about life, faith, God, society

TUESDAY NIGHT TOGETHER

Feb. 4, 11, 18, 25

- 6 pm • **FREE** family style meal
w/special children's menu
- 6:45 • adult presentation and
children's program JK-6
in our *new wing!*
- 7:30 • **conclusion and dessert**



**ST. MARY OF THE
VISITATION PARISH**

16 Cooper St. Cambridge (Hespeler)

*Let us know
you're coming
in 1 of 3
ways:*

- sign up on our **WEBSITE:** stmaryhespeler.ca
- **EMAIL:** stmaryhespeler@bellnet.ca
- **CALL** the Parish Office: 519.658.4443



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CATHOLIC EDUCATION IN CAMBRIDGE

**SATURDAY,
FEBRUARY 15 • 2014**

**PORTUGUESE ORIENTAL CLUB
1054 Shellard Road, Cambridge**

Dinner 6:30pm • Dance & Silent Auction 8:00pm

Music By PB & Jam

Featuring Paul LaCalamita, Andy MacPherson
& Sean O'Brien

Dinner & Dance \$100 Couple • \$60 Single

For Tickets & Info Contact:

- Doug Leusink 519.241.6165
- David White 519.716.8929
- Wendy Price 519.623.0052
- Manuel Martins 519.575.7542
- Tom McArthur 519.621.357
- Waterloo Region Catholic Schools Foundation
519.578.3660 ext 2373

**ALL PROCEEDS TO SUPPORT PROGRAMS
WITHIN THE
WATERLOO REGION CATHOLIC SCHOOLS**

A charitable receipt will be issued for a portion of the ticket price
& any additional donations

**Tickets are available in our Main Office—please
call 519-621-4050 to reserve yours today!**

Upcoming Visit from YouTube Superstar Nanalew Inspires “Psst, Pass it On” Video Contest for Teens

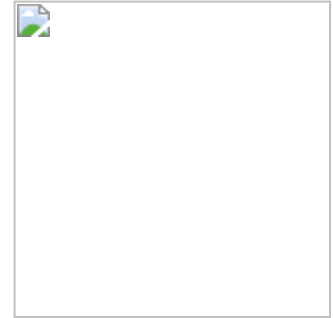
SPECIAL FROM CAMBRIDGE LIBRARIES

YouTube sensation, Shawna Howson, is coming to Cambridge’s IDEA | EXCHANGE for a speaking engagement, “Nanalew LIVE” this March. To celebrate Idea Exchange is proud to announce the “Psst, Pass it On” video contest for teens.

“There is so much talent within the teen community in this region. We want to bring it to the forefront. Inspire them. Give them opportunities to shine.” said Sandra Sydor, community

outreach administrator at Idea Exchange. "It really is our mission to enable people to unleash their creativity. We can't wait to see what they create."

The Pssst, Pass it On video contest invites teens aged 13–19 to submit up to three short videos that shine light on their interests and passions. The format of the video can be a music video spoof, live action short film, documentary, vlog, or however the contestant chooses to share their ideas. Entries cannot exceed four minutes in length. Submissions will take place through YouTube, Vine or Instagram and entries will be posted on the Idea Exchange Facebook page for voting. Idea Exchange will be accepting entries until March 1, 2014. The winner will be determined through popular vote, which ends Friday March 7, 2014.



All entries will be screened at Nanalew LIVE on Tuesday, March 11, 2014 at the Clemens Mill location of Idea Exchange. The winner will receive a GoPro® Camera and a chance to meet with Shawna Howson that evening.

"Shawna is phenomenally inspirational. A local talent and trailblazer in the burgeoning world of YouTube film making," Shannon Markle, social media marketing coordinator stated. "We're proud that she's from Cambridge, and thrilled that she's coming share her tips and tricks with us. We thought, why not put all that inspiration to action with a video contest?"

For more information about Nanalew LIVE, or to get your free ticket visit: <http://www.eventbrite.ca/e/nanalew-live-tickets-9678573875>. To learn more about the Pssst, Pass it On Video Contest visit: www.cambridgelibraries.ca/teens/

Cambridge Libraries and Galleries, IDEA|EXCHANGE, is your destination for great art, film, books, music, culture, community programming and ideas.

8th Annual Poem A Day Contest Returns at Idea Exchange

SPECIAL FROM CAMBRIDGE LIBRARIES



Boot up your computers and sharpen your quills! Allons-y! Idea Exchange invites poets of all ages to enter our 8th annual Poem–a–Day poetry contest to celebrate National Poetry Month in April. The contest's goal is to provide a showcase for local poets of all ages, and to promote the importance and appreciation of poetry, which is the heart of all literature. Submissions are accepted from New Year's Day until Valentine's Day each year. Entries are judged by well-known local poets who volunteer their experience and expertise to judge this event.

There are three age groups for poems written in either French or English: Children, up to 11 years old; youth, 12 – 17 years old; and adult, 18 and older.

The 30 winning poets will have their poems featured online, receive bookstore gift tokens, have their poems published, and will be given an opportunity to read their poems at a public celebration of poetry at Idea Exchange, Queen's Square location on Friday, April 25, 2014. To enter visit cambridgelibraries.ca/poetryform. Contest continues until February 14, 2014.

... winning poets will have their poems featured online, ... have their poems published, and will be given an opportunity to read their poems at a public celebration

To get things amped up for this annual contest, join us at our Friday Night ART Live event on January 24, 7:00pm at Queen's Square. Not only will you meet some of the fibre artists behind the exhibition opening of 25 Years of Collecting, but you can hear the dynamic words of KW Slam Poetry artists Beth Murch and Janice Lee. "It's an exciting night, with the drama of the spoken word mixed with some of the best of our permanent fibre art collection" says Karen Murray-Hopf, cultural programs and special events planner for Idea Exchange. "Combine that with music by DJ Sean, guest host Jay Chagnon, free apps from the Kiwi and a cash bar and you've got yourself a party!"

An exciting extra this year – the Renaissance Singers join us on Wednesday, April 30, 7:00 – 8:00pm at Queen's Square for their Words & Music concert. This will close out Poetry Month in a very special way as this vocal ensemble, under the direction of Gordon Burnett, will perform a piece commissioned by them based on the 2013 winning youth entry of Jacob Oliveira, The Shame of Love.

Upcoming Events

Wednesday, February 5

2:30pm Anime Club
3:30pm Jr. Girls Volleyball semifinal game at St. Mary's
Spirit Day
BENN Newsletter release

Thursday, February 6

French trip to Quebec

Friday, February 7

11:00am DECA meeting
2:30pm Doctor Who Video Club
French trip to Quebec

Saturday, February 8

French trip to Quebec

Sunday, February 9

DECA Provincials
French trip to Quebec

Monday, February 10

11:00am Guitar Club
11:00am Spirit Wear Sales
DECA Provincials

Thursday, February 20

8:20am Graphic Arts & Design
6:00pm Badminton Club
Math Contest

Friday, February 21

2:30pm Doctor Who Video Club

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](#).

**Keep up with what's
happening at St.**

Tuesday, February 11
DECA Provincials

Wednesday, February 12
11:00am Art Club
2:30pm Anime Club
Spirit Day
Valentine's Activities
Jr. Boys Basketball semi-final game

Thursday, February 13
8:20am Climbing Techniques & Leadership
Training
6:00pm Badminton Club
Report Cards Distributed

Friday, February 14
2:30pm Doctor Who Video Club
Valentine's Day

Monday, February 17
11:00am Guitar Club
Family Day holiday

Tuesday, February 18
8:20am International Auto Show

Wednesday, February 19
8:20am Network Cabling Training
8:20am Dementia Training
8:20am Smart Serve Training
8:20am Graphic Arts & Design
11:00am Art Club
2:30pm Anime Club
Spirit Day
BENN Newsletter release

Benedict's using your cell phone



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.

