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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

March 5, 2014

Midget Boys win District 8 Title

BY MR. R. GALL



St. Benedict Midget Boys Basketball team--District 8 champions

A big congratulations goes out to the midget boys basketball team who held off Mary's to win the D8 championship. It was a hugely defensive game in the first half by both teams, but your Benny's boys held Mary's to just 2 points in the second half, leading to a victory and keeping their undefeated streak alive. Way to go boys!

Administrative

Catholic Board Seeks Nominations for Annual Distinguished Graduate Award

Grads making a difference locally, nationally & internationally

SPECIAL FROM THE WCSDDB

The Waterloo Catholic District School Board is seeking nominations for its annual Distinguished Graduate Award. Deadline for submissions is April 15, 2014.

The prestigious award was initiated by the Board of Trustees in 2005 to honour graduates of Waterloo Region's Catholic Schools who have demonstrated outstanding commitment to their

faith and have made significant contributions to their community. Past award recipients are:

- Mary Jo Fedy, Managing Partner, KPMG -- Waterloo (2013);
- Rev. Toby Collins, C.R., Vocation Director for the Congregation of the Resurrection (2012);
- Teacher / missionary Sister Barbara Paleczny, SSND (2011);
- David Eby, Executive Director of the B.C. Civil Liberties Association – and current B.C. MLA (2010);
- Rev. Paul Voisin, C.R., Vicar General of the Diocese of Hamilton (Bermuda) (2009);
- Ontario cabinet minister Dr. John Milloy (2008);
- CTV National News Anchor Lisa LaFlamme (2007);
- University of Waterloo professor Dr. Brian Orend (2006);
- Ontario Superior Court Justice Patrick J. Flynn (2005).

News from the Guidance Department

By MRS. P. KLASSEN

Course Selections for 2014 - 2015

Although second semester is barely underway, it is time for students to start thinking about their course selections for next year. For the past week, counsellors have been visiting classrooms to discuss the important process of choosing courses for the 2014 – 2015 school year. The decisions that students make now regarding their choices for next year are what drive the scheduling decisions that are made with regard to both the courses and the numbers of sections that we offer at the school next year. The importance of making the right choices should not be underestimated as inappropriate course changes are not always easily corrected once the school year is under way.

As has been the practice for the past number of years, students will be choosing their courses on-line through Career Cruising. All students have received detailed instructions regarding the process for choosing their classes. The site can be accessed as follows:

1. Go to the [Career Cruising website](#).
2. Your Username is the prefix “wl-“ plus the last 5 digits of your student ID and the first 3 characters of your last name.
3. Your Password is your birth date. (mmddyyyy) For example, if your birthdate is August 25, 1990 your password will be 08251990. You will be asked to change your password when you log in for the first time.

Please note that course selections must be submitted to the school and signed by a parent, by Wednesday, February 26. Students are encouraged to consult the course calendar, as well as subject specific teachers and guidance counsellors for help making the correct decisions. In addition to before school, after school and during the school day, guidance counsellors will also be available in Room 224 at lunch on specific days leading up to the deadline date.

Are you interested in a co-op program for next year?

Do you have questions?

Please see Mr. Jankura or Mrs. Crowell in the atrium on Thursday, February 20 or Friday, February 21 during lunch for information.

SHSM and Course Selection

All students who are registered in one of the Specialist High Skills Major programs should have received a report which indicates their progress in their sector of choice. Students should use this report to make sure that they choose courses for next year which will allow them to complete the SHSM academic requirements.

Attention Grade 12's Planning to Graduate in June

The graduation ceremony for this year has been set for June 25 at Conestoga College. Students planning to graduate in June must have all graduation requirements completed in order to attend the ceremony. These requirements include 30 credits, successful completion of the literacy requirement and 40 Hours of Community Service. All Community Service Hours must be completed and documented at the school by the end of May. Please hand your completed community service hour forms in to the main office.

Community Service Opportunities

1. Trinity Anglican Church in Galt is looking for volunteers to assist with a day program that they will be running during the March Break. Your assistance is needed for one day and you will have the opportunity to earn up to 11 Community Service Hours. Contact Laura Schell at 226-218-3227 or flowerpotdeecoln@gmail.com
2. Enjoy working with children? Like spending your day outdoors? Want to gain valuable work experience while completing your 40 hours of community service? Considering applying to work with rare to assist in leading interpretive hikes, crafts and other activities. rare is seeking volunteers for their March Break and Summer Programs. They are looking for responsible students who are enthusiastic to lead and are interested in nature. Volunteers should be able to commit to at least one week of camp with a typical day lasting from 9:00 AM – 4:00 PM. Contact Louise at 519-650-9336, ext. 124 or visit www.raresites.org for more information.
3. The City of Cambridge is currently recruiting LIT's (Leaders-In-Training), to assist Playground leaders with children's programs at summer playground sites. This "hands-on" leadership experience is available to students ages 13 - 15 and is a great way to earn volunteer hours, have fun and improve your resume. Application forms are available in guidance or at: http://www.cambridge.ca/community_services/volunteer_opportunities

For more information please contact Mike Sheremeta at 519-740-4681, ext. 4331 or by email at sheremetam@cambridge.ca.

Summer Job Opportunity

African Lion Safari will be hosting a Job Fair at the Mombasa Market Restaurant, onsite at African Lion Safari on Saturday, March 22, 2014. Students are invited to attend the Job Fair which will run from 9:00 AM to 12:00 PM. There are a wide variety of positions that they will be looking to fill with students. Students must be at least 16 years of age, have a valid SIN number,

have transportation to and from work and be available to work on weekends and holidays. Experience is an asset, but not a requirement for most positions.

Young Women in Public Affairs Award

The Zonta Club of Kitchener–Waterloo is pleased to announce that it will again be offering the Zonta Young Women in Public Affairs Award. This award encourages young women to pursue careers in government, public policy and community organizations. The award recognizes pre–university and pre–college students committed to leadership in these areas. Young women between the ages of 16 and 19 are eligible to apply. Applicants must show an active commitment to volunteerism and leadership achievements, must advocate Zonta’s mission of advancing the status of women worldwide, must have experience in local or student government and must have a knowledge of Zonta International and its programs. For more information regarding the application process, please check out www.zontakw.com or contact Mrs. Klassen in the guidance office.

Photo Retake Day

Photo Retake Day will be Thursday, February 20th. If you didn't get your photo taken in the first semester or you want to try again with a new photo ID, order forms are available in the main office. So, remember, Photo Retake Day is February 20th.



This poll is closed.

Go Canada Go!

Canada currently has 18 medals...
how many will we finish with?

25	1
24	5
23	5
22	4
21	0
20	2

Academics

Enriching the Lives of Students

By Mrs. D. WITTMANN

Most Canadian Universities have their Own Major Scholarships

The largest, most prestigious scholarships at most universities are in fact application–based. These

Enrichment opportunities for students

By Ms. D. TRENTINI

Discovery Day in Health Sciences

scholarships not only require high marks (usually 90+ averages), but require a list of your awards/accomplishments and extra-curricular/volunteer activities, and often essays about leadership, volunteerism and/or creativity.

The reason why major scholarships are not completely mark-based is because universities (and private organizations) recognize that marks are not the only factor for future success, both in the academic world and outside of it. Marks only take you so far in life, and once you are out in the real world, you are rarely asked for your marks. Therefore, other qualities like leadership, communication, teamwork, and character are important. In addition, high school averages vary from school to school, with some schools being much tougher than others.

Here are some examples of major university scholarships:

- York University – Governor’s Awards of Distinctions
- University of Western Ontario – National Scholarships
- Queen’s University – Major Entrance Scholarships
- University of Toronto – National and Arbor Scholarships

For more information, check out this page on the [Youth Canada](#) website.

UW Junior Math Contests Run on February 20th

By MISS C. STOCKIE

Hosted by Hamilton Health Sciences Corporation in partnership with McMaster University and St. Joseph’s Healthcare Hamilton



Approximately 200 high school students and teachers from Hamilton and surrounding areas will have an opportunity to explore careers in medicine and the other health sciences. Participants will hear an inspiring keynote lecture, take part in interactive workshops and join in an interactive lab experiment demonstration.

Last year, students were able to choose from a wide variety of workshops, such as: the role of social work in obesity management and diabetes, coping with stress, cardiac ‘gadgets and gizmos’, how blood tests can be used to diagnose heart attacks, Alzheimer’s Disease through memoirs, how nursing makes a difference and using play to help a child cope with illness. To see the full list of topics covered at last year’s workshop and their descriptions, please visit the [Medical Hall of Fame](#) website.

Date: May 28, 2014

Location: McMaster University, Hamilton, ON

For more details, check out [The Medical Hall of Fame](#) website and type in Discovery Days in the search bar.

Waterloo Unlimited Grade 10 Enrichment Opportunity

The theme of "Change"

When: Sunday, May 11 – Thursday, May 15, 2014

Where: The University of Waterloo

Application deadline: postmarked by Monday, March 10, 2014

Program fee: \$450 (includes meals & includes HST)

Supervised residence accommodation:

\$160(\$40/night)

Program Description: We live in the midst of change: technological change, social change,

Grade 9, 10 and 11 students who have signed up to write the Pascal, Cayley and Fermat math contests are asked to report the CAFETERIA on Thursday, February 20th at the beginning of period 1. The contest will take period 1 and a little bit of period 2 to complete. Please bring a calculator, HB pencil and an eraser.... and good luck!

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". Interested?

[Apply to Waterloo Unlimited!](#)

[Details and a printable brochure for students.](#)

If you are interested in either of these opportunities, please see Ms. Trentini in room 208.

UW Computer Science Contest to be written February 25

BY MR. A. MILARDOVIC

The Canadian Computing Competition (CCC) aims to benefit secondary school students with an interest in programming. It is an opportunity for students to test their ability in designing, understanding and implementing algorithms.

Any student with programming experience who has not already spoken to Mr. Milardovic about writing the contest should do so at their earliest convenience.

Le Ville de Quebec: Un temps fantastique!

BY MR. A. MILARDOVIC

On Thursday, February 5, forty six students assembled at the school at 6:00 in the morning not for an early class, but to embark on a four-day trip to the city of Quebec. Students who have taken French were invited to participate in this trip to get immersed in the culture and language of la belle province.

After a quick stop in Montreal (*my* favourite city in Canada) to pick up our tour guide,

Laurence, we arrived in Quebec in time for a traditional meal, followed by a walk to the citadel, where we braved the cold and spent an hour tobogganing down the *glissades de la terrasse*, a man-made toboggan track behind the Citadelle with a steep drop which made for a very quick and exhilarating ride!

Friday started with a guided tour of a sunny, but very cold, old Quebec city. Starting at the statue of Samuel de Champlain, our guide took us to historical buildings and monuments, and chronicled the birth and growth of the city. After some time for lunch and souvenir shopping it was off to the Carnevale. We got our Bonhomme figurines (which were both your ticket into the



Benny's students at Carnevale in Quebec City.

park as well as a great souvenir of the trip!) and headed to the site of Bonhomme's ice castle, rides, displays, and even an ice fishing exhibit where you can catch your own fish, and have them fry it for you on the spot! Having skipped lunch in Old Quebec, I took advantage of the Beavertails hut and had one for lunch, and one for dessert. Next stop: Valcartier and some fun in the snow—tube park!

... students demonstrated their skills and felt a sense of accomplishment when they would run up to us and proudly proclaim, "I bought this speaking only French!"

Saturday was another jam-packed day with a tour of the incredible Ice Hotel, followed by an excursion to do some snowshoeing and dog sledding. Again, a beautiful sunny day, but tres, tres froid! (cold!) But we survived. The last stop Saturday was a Sugar Shack in Lac Beauport, where we saw the history of maple syrup production, which the natives shared with the French.

This was followed by a traditional meal from days gone by, complete with pea soup and *tortiere*, a traditional French-Canadian meat pie. And of course, we had to do what Laurence said: put maple syrup on *everything!* Talk about your big sugar buzz! We were also entertained by a gentleman who played some traditional French-Canadian folk songs, and got some of our students up to play the spoons. Our students also partook in a traditional dance.

Waking up Sunday morning was bittersweet; we knew we weren't going to be spending the day trudging around in the cold, but we were going to be spending it on the bus heading home. We headed towards the old part of Quebec for mass at Notre Dame de Quebec, where the priest acknowledged our presence at the beginning of the mass, and he repeated part of the homily in English for our students.

Despite not having taken French since high school, I enjoyed the challenge and feel like I managed well. Many of our students demonstrated their skills and felt a sense of accomplishment when they would run up to us and proudly proclaim, "I bought this speaking only French!" It was a memorable trip, and we can all be proud of the way our students conducted themselves as ambassadors of our school.

Athletics

Girl's Hockey

By Mrs. L. O'NEILL

The Girl's hockey team competed in the Queen of Hearts Tournament in Burlington on Friday, February 14.

Their first game would put them up against Nelson High school from Burlington. It was a very even game and finished in a 1-1 tie.

Next the girls went up against Hayden and had a great game. The final score was 8-1 with all 9 players getting a spot on the game sheet. Hayley Hanson had 4 goals and Katie Harding had 2.

BENN BOX SCORES

Jr. Boys Basketball

Semi Final

Saints 58, Resurrection 43

Final

St. Mary's 60, Saints 57

Midget Boys Basketball

Saints 30, Pere Rene 23

Saints 24, Resurrection 15

Semi Final

Saints 30, Pere Rene 19

The girls needed a win or a tie in the next game to move on to the Championship. This game had them playing Aquinas. It was a hard fought game; Emily Kovac had a good game in net making some key saves. Kayley Cabral had 2 goals to to make the final score 3-1.

The girls would face Nelson again in the final. With only 9 skaters we ran out of steam. It was a good game, but the girls fell short and lost 3-0.

Congratulations to all the players: Megan Byrne, Andrea Slattery, Emma MacDonald, Samantha Decan, Emily Kovac, Kayley Cabral, Hayley Hanson, Katie Harding, Sydney Papadopolous, and Kathryn Staples.

The girls next tournament is at York University on March 19th.

Final
Saints 19, St. Mary's 11

Senior Boys Basketball
Quarter Final
Saints 42, St. David 27
Semi Final
St. Mary's 71, Saints 39

Junior Girls Volleyball
Quarter Final
St. Mary's 3, Saints 0

Junior Girls Volleyball

By MR. J. CURTIS

Congratulations to our Junior Girls Volleyball team who finished their season last Friday with a well-fought quarter-final loss to St. Mary's. After a rescheduled playoff game moved from Wednesday to Friday, the team lost many players to other commitments but the remaining team members fought hard for every point and stayed positive through the sets. In every game this season, these ladies represented St. Benedict with pride and laughed their way through the season. Great work, ladies!

Ultimate Frisbee

Do you like soccer, football, running, jumping, catching and throwing? If so then the Ultimate Frisbee Club is just for you. The club is open to all students and is co-ed. NO previous experience is required. We are particularly looking for Grade 9 and 10 students both girls and boys. Winter training sessions begin this Wednesday and will meet every Wednesday at lunch in the gym. Bring your athletic clothes and give and give this sport a shot.

See Mr. Dufresne, Ms. Smukavich or Mr. Betik if you need other details or have questions.

Girls Workout Club

Are you a girl? Do you want to work out? Look no further - come on out to the Weight room every Thursday after school. You can try out new machines or the latest T25 craze or you can do your own workout routine.

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

DECA Wraps up for another year

By MR. F. WITTMANN

DECA is an academic business competition club that has grown to include over 30 categories, 200 high schools, and 10,000 students province-wide.



The St. Benedict C.S.S. DECA students in Toronto.

This year the top regional performers from St. Benedict were Darrell Relve, Michael Melo, Kayley Cabral, Joshua Van de Vegte, and Kyle Nanakdewa.

At the DECA provincial competition in Toronto, the top oral presentation scores were Tyler De Sousa, Trevor O'Hagan, and Adam Lainey. Many thanks to Darrell Relve and Taranjeet Brar for their excellent work as club presidents.

Congratulations to all participants from your teachers Mrs. Ratz and Mr. Wittmann.

Saints For Life

By MRS. M. ROCHA

Don't miss the opportunity to hear Melissa Ohden speak at our school on Thursday February 27th about her experience as an abortion attempt survivor.

If you are interested, you can sign out of your period 4 class for the 27th for \$2. Come to the table in the atrium by the SAC office at lunch this week to sign up.



Members of the St. Benedict Saints4Life club.

Reach for the top

By MR. C. BILLO

The school's Reach for the top (trivia team) will be meeting on Wednesday after school in room 317. New members are always welcome!

Student Activities

Other News

So, what's with the parking signs in the middle of the snowbanks?



The signs are actually in the same place they always are, at the curb just beyond the available parking spots. As you can see from the photo to the right, we've run out of room to push the snow out of the front parking lot, so the snow has been *parked* in that row, effectively eliminating about a dozen spots. Have you had enough snow yet??

At first glance, it may look like someone is playing a joke, with these parking signs nowhere near an actual parking spot. Well, the only one playing a joke here is Mother Nature, with all of the white stuff that's been coming down over the past few weeks.



Do you have a funny/wacky/silly picture from in and around the school?
Send it to [St. Benedict News Services](#) and you just might see it in the BENN!

Upcoming Events

Wednesday, February 19

Spirit Day
BENN Newsletter release

Thursday, February 20

8:20am Graphic Arts & Design
11:00am Coop Information Sessions
2:30pm Seams Sew Easy Club
2:30pm Girls' Workout Club
Math Contest

Friday, February 21

11:00am Coop Information Sessions
2:30pm Doctor Who Video Club
Semi-formal

Monday, February 24

11:00am Guitar Club
2:30pm Camera Club

Wednesday, February 26

Wednesday, March 5

11:00am Art Club
2:30pm Anime Club
2:30pm Reach For the Top
Spirit Day
Ash Wednesday
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](#).

8:20am Zoom Career Day for Information & Communication Technology (ICT) students
8:20am Electrical Safety & Confined Space Awareness
11:00am Art Club
2:30pm Anime Club
2:30pm Reach For the Top
Spirit Day

Thursday, February 27

2:30pm Seams Sew Easy Club
2:30pm Girls' Workout Club
7:00pm School Council Meeting

Friday, February 28

2:30pm Doctor Who Video Club

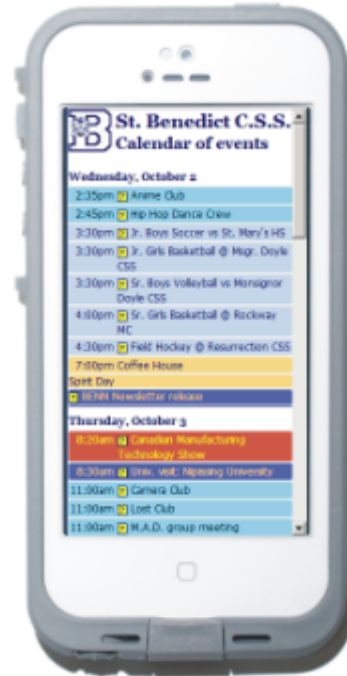
Monday, March 3

11:00am Guitar Club
2:30pm Camera Club

Tuesday, March 4

8:20am Energy Efficiency Training
8:20am Standard First Aid & CPR-C Training
Shrove (Pancake) Tuesday

Keep up with what's happening at St. 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.

