



## Table of Contents

- [Administrative](#)
- [Academics](#)
- [Athletics](#)
- [Clubs](#)
- [Student Activities](#)
- [Other news](#)
- [Upcoming events](#)

*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

May 21, 2014

## Happy....

This week: Catholic Education Week

Friday: Prom

Sunday: Mother's Day

Next week: Wellness Week

Also next week: Co-presidential election week (SAC)

Monday, May 19: Victoria Day

With hopes that you are enjoying the sunshine and nice spring weather!!

And here's a little change with tradition, today's *Benny's in the Local Media* contains two news articles about Benny's graduates, we hope you enjoy them and some of the success our students have found after graduating from Benny's!

– Editor

### Benny's in the Local Media

THE RECORD: [Cambridge native fulfils 'lifelong dream' of a...](#)

THE RECORD: [Digital video duo going strong after just one ...](#)

## Administrative

# Happy Catholic Education Week!

By MR. A. MILARDOVIC

*This week there have been many activities planned in celebration of Catholic Education Week. Here is but a few of those things which occurred over the first few days this week.*

Grade 9 and 12 students got an opportunity to listen to guest speaker Lisa Nice from Women's Crisis Services of Waterloo Region. She spoke of the need to develop an awareness of some of the violence issues right within our community in the form of domestic violence.

One of the activities she did with the students was a look at the myths and facts of domestic violence, which stimulated a lot of conversation. She talked to students about some of the

common signs of abuse, drawing on her experience of working with victims.

She also reiterated that domestic violence is not just physical; it is also verbal, emotional, psychological, or sexual. Her informative talk also included statistics both nationally and locally.

She encouraged students to seek help from one of several local organisations if they found themselves in an abusive relationship.

Students also had an opportunity to hear a guest speaker from the YWCA who spoke about body image. Young people today are bombarded by all sorts of messages that make them question whether or not they are good enough, attractive enough, wear the right clothes—basically fit in. Gender stereotypes often make young people feel insecure in who they really are, as they try to make everyone fit into the same mold. Most times it is intentional: the more inadequate young people are made to feel, the more products they will buy to help them improve their self image. The main message in the presentation: be true to your self, and be happy with who you are. You are a beautiful person, don't let anyone else tell you that you are not.



This morning we celebrated a school-wide Mass, and the gym became our sacred space. The Mass was presided over by Father Freitas from St. Mary of the Visitation Parish. Our entrance and offertory processions were lead by Mrs. Beyerle's Special Education students, who did a fantastic job. Our music was lead by Mrs. Rodrigues's grade 11 and 12 instrumental music classes, and the Glee Club directed by Mr. Renner.

We took a minute at the beginning of our gathering to remember three students whom we have lost over the last few months: Kayla Baker, Oliver Konopacki, and Victoria Northover. There was a beautiful tribute to them with our musicians giving a wonderful rendition of Michael Jackson's "You are not alone" while students processed to the cross and placed flowers in front of it.

Father Freitas's homily focused on us all being fans, whether it's of the Leafs, or his Bruins (and he never mentioned my Habs).... but as Catholics we are called to be fans of Christ. And just like when teams don't do well, our faith will be challenged; our loyalties will be questioned. It is at these times that a solid faith in what we believe in is a sign of who true fans are. God calls us to be His fans, and we must answer the call, as difficult as it is at times. And there we will find true happiness in life.





For today's mass we were also joined by Mr. David DeSantis and Mrs. Maria Ivankovic, Superintendents of Learning with our Board. They both also participated in the readings, sharing them with our students.

There are still a few days in Catholic Education Week, so there will be more in our next issue of the *BENN*.

## News from the Guidance Department

By MRS. P. KLASSEN

### Did I Make the Right Course Choices for Next Year?

All students currently in grade 9, 10 and 11 who are planning to return to St. Benedict in September should have received a copy of their Credit Counselling Summary in their period one class sometime this week. These Credit Counselling Summaries were sent out to remind students of their course selections for the 2014 – 2015 school year. All students and parents are encouraged to review the course choices that have been made for the up-coming school year to make sure that they are accurate and are still reflective of their wishes. Students who would like to change one of their course choices for next year are encouraged to make an appointment with their guidance counsellor as soon as possible.

The following web sites provide a wealth of information regarding the various pathways and options available to students following high school. They may be helpful as students ponder their choices for next year:

[www.ontariocolleges.ca](http://www.ontariocolleges.ca) Information about Ontario Colleges and Programs

[www.electronicinfo.ca](http://www.electronicinfo.ca) Electronic Guide to Ontario University Programs

[www.apprenticeshipsearch.com](http://www.apprenticeshipsearch.com)

[www.skillsontario.ca](http://www.skillsontario.ca)

### Graduation Forms Past Due!!

The deadline to submit graduation forms was Friday, May 2, however we are happy to extend this deadline if there are students who wish to attend but have not yet registered. If your son or daughter falls into this category, please encourage them to take care of this important detail as soon as possible. Graduation will be held on Wednesday, June 25 at the Recreation Complex of Conestoga College. Please note that the completion of community service hours is a diploma requirement and students who have not completed their community service hours will not be eligible to graduate. Students are asked to have their completed Community Service Hours forms handed in to the main office by Friday, May 30. Please contact the guidance office if you have questions.

### Grade 12 Post-Secondary Information Update

1. All students can expect to hear an admission response to all university programs that they applied to by May 29, 2014. Students interested in accepting an offer of admission should do so by June 2, 2014.
2. The Admission Information Service (AIS) will be available through OUAC (Ontario University Application Center) from early June to August for applicants who have not been accepted to programs of their choice or for students who still wish to apply to university for September. All known openings in all university programs will be posted by the AIS at [www.ouac.on.ca/ais/](http://www.ouac.on.ca/ais/)
3. Students who did not apply to college are welcome to apply on-line for September, 2014 to any program that is still accepting applications. See [www.ontariocolleges.ca](http://www.ontariocolleges.ca) for more information.

## Summer School Registration

Summer School Registration is now open for all students who are considering taking either a new credit course or a make-up course this July. The registration deadline for new credit courses is June 12 and the registration deadline for make-up courses is June 26, however students who know that they want to attend summer school are encouraged to register early to ensure a spot in the program. Early registration also helps with the decision making process around cancelling courses.

## Signed up for Summer Coop?

Any students accepted into summer coop are asked to meet Mrs. Crowell in 206 at the start of lunch on Thursday, May 8. Please be prompt!

## Are you looking for ways to complete your Community Service Hours?

If the answer to the above question is “yes”, consider the following up-coming opportunities:

1. The charity founded and created by Kayla Baker, RunaLung, will be hosting its second annual fundraising event on May 31, 2014. Anyone interested in volunteering for the event should sign the list in the guidance office. Anyone interested in participating is encouraged to register by visiting [www.runalung.ca](http://www.runalung.ca)
2. Consider volunteering at St. Luke's Place, a seniors residence located at 1624 Franklin Blvd. This would be a fantastic opportunity for anyone who is considering a career in nursing or another form of care giving. Interested volunteers should email: [recreationmanager@saintlukesplace.ca](mailto:recreationmanager@saintlukesplace.ca) or call 519-658-5183, ext. 244.
3. The Canadian Ultimate Frisbee Championship is being held in Waterloo in August, 2014. The organizing committee is looking for volunteers to help in a variety of capacities before, during and after the event. If you are interested in being involved, please sign up using the following website: <http://wp.canadianultimate.com/cuc2014/cuc-2014/volunteer/>
4. The Rotary Club of Cambridge Sunrise, in conjunction with the Rotary Club of Cambridge North is organizing the first Rotary Ribfest to be held in Cambridge this summer. They will be seeking 400 volunteers to help make this event a success. Ribfest will be held from August 8 – 10 at Riverside Park in Cambridge. Register online at [www.cambridgeribfest.com/volunteers/](http://www.cambridgeribfest.com/volunteers/)



# The Swingin' Saints Rock the House

By MRS. J. RODRIGUES

The Swingin' Saints Jazz Band performed on Tuesday, May 6, 2014 at the Waterloo Catholic District School Board's Staff Recognition reception. This fifteen piece jazz band is comprised of players from all grades.



**Swingin' Saints Jazz Band puts on an impressive performance.**

They started out the evening with a jazz arrangement of "On Broadway" followed by "Georgia", "Heard It Through the Grapevine" and many other jazz standards. It was their first official "gig" and they impressed the many teachers, principals and Senior Administration of the WCDSB who attended.

Come hear them next at our Spring Concert "COPA" on May 21st at 7:00 p.m. where they will be joined by the Concert Band, Grade 9 Band Class, Senior Band Class and other performances by the Arts Students.

## "Wellness Week"

**May 12 to May 16, 2014**

By MRS. W. SCHUSTER

### Why is mental health so important?

Mental Health is an essential part of your overall health. Mental health is more than just the absence of mental illness. It is a state of well-being.

Having positive mental health means that you are able to: enjoy life and live in the moment, be resilient, strive for balance in your life, work towards achieving your full potential, and be flexible.

The focus of the week will be developing and maintaining healthy mental wellness. A schedule of the week's activities:

- Daily morning announcements and prayers focusing on mental wellness and suicide prevention
- Daily wellness tips on the ranger system
- Tuesday, May 13 – full civvies day – minimum one dollar donation. All proceeds going to the Suicide Prevention Council of Waterloo Region.
- Wednesday, May 14 – wellness classroom seminars, including a speaker from The Suicide Prevention Council and staff from St. Benedict on various topics ranging from nutrition and fitness, resiliency and coping, enjoying life and finding your support system.
- Wednesday, May 14 – Suicide Prevention Council T-Shirt sales at lunch

Tips for positive mental health:

- Establish positive and respectful relationships with family and friends
- Talk to people you trust when you are feeling down or stressed
- Learn healthy ways to relax and cope
- Do things you enjoy
- Eat healthy and be active

- Help others – you will feel good about yourself too!

## Academics

# Enriching the Lives of Students

By MRS. D. WITTMANN

## Scrabble Dictionary Adds New Fan-Voted Word

The makers of the popular board game Scrabble have added a new word to the official player's dictionary. Geocache beat out 15 other nominated words in the Scrabble Word Showdown to become the winning word that will be included in the upcoming fifth edition of Merriam-Webster's Official Scrabble Players Dictionary.

### What is geocaching?

Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. <http://www.geocaching.com/guide/>

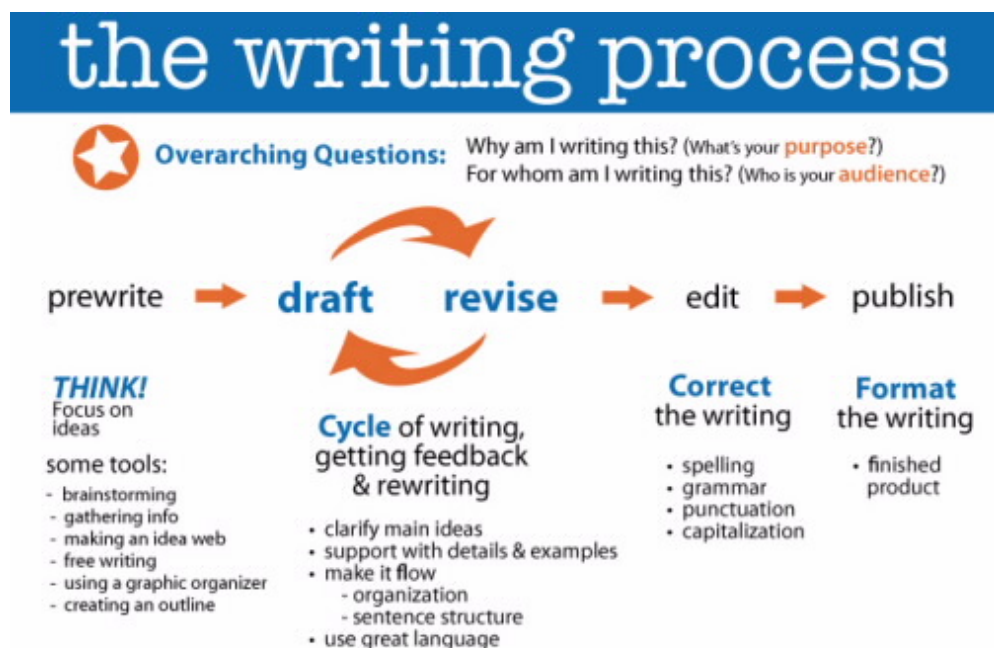
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For more enrichment news and information, visit our [Enrichment@St.Benedict blog](mailto:Enrichment@St.Benedict.blog).



## COMM Corner

By MRS. D. WITTMANN



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For Reading and Writing for Success, visit our [English@St.Benedict blog](mailto:English@St.Benedict.blog).

## Saints medal at Track Wars

BY MR. F. WITTMANN

Results are in from the Track Wars Meet last Friday.

Congratulations to medal winners Augustine Soga (gold in triple jump, bronze in long jump) and Andrew Misener (bronze in high jump).

Top 10 finishes were turned in by a host of athletes including: Devaughn Channer, Michael Emiljanowicz, Kiera Lahey, Kara Lee, Dan McArthur, Marcus Noble, Nick Phung, Jacob Polski, Sarah Sue-Ping, Mallory Thompson, Maya Tostik, Jade Weir, Junior Boys 4X100m Relay (Aidan Yearwood, Austin Goulart, Joe Baker, Dillon Marcy), and Open Boys 4X800m Relay (Marcus Noble, Devaughn Channer, Scott Corbett, Nick Leonardo).



### Girls Soccer

St. David 2, Saints 1  
Saints 0, Resurrection 0

### Senior Boys Soccer

Saints 3, St. David 1  
Resurrection 3, Saints 0

## Badminton Saint at OFSSA

BY MRS. S. REIS

Last week Zoe Zhou represented our school at OFSSA in Markham Ontario. Competing in a very tough and strong women's singles pool, Zoe was able to experience some excellent competition. Leaving the tournament in the "B" pool Zoe completed her season with 1 win and 2 losses. Thank you for all your hard-work and commitment over the entire season Zoe. All the best to you next year!

## Strong start for soccer boys

BY MRS. L. O'NEILL

The Senior boys started the year off in a winning fashion. They beat St. David's 3 – 1 on a chilly Thursday afternoon in Waterloo. Johnny Cabral, Shamar Santos and Artur Brasil had the markers for Bennies.

## 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](http://district8.ca) 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>.

## Soft start for softball

BY MR. N. O'CONNOR

The Boys Softball team lost their first game of the season by a score of 14–5. The Saints will look for their first win at their home opener on Thursday at 3:30pm at the Clemens Mill Diamond.

Looking for something fun and exciting to do this summer?

## St. Benedict Basketball Camps 2014

**July 7 to July 11**

For boys & girls  
entering grades 1 - 9



For more information or  
application brochure contact  
John Malnerich @ St. Benedict C.S.S.  
519-621-4050 ext 5337 or  
<http://stbenedict.wcdsb.ca/bballcamp>

### Clubs

## Ultimate Frisbee Club

BY MR. N. BETIK

The Ultimate Club continues this week in preparation for our first game play next week. We meet as usual on Wednesdays at lunch and have outdoor practice on Thursday and Friday immediately after school. Please ensure that you are prepared for outside workouts. Bring your cleats if you have them. Please see one of the coaches if you are not able to attend.

## Reach for the Top

BY MR. C. BILLO

Junior reach practice wed after school in room 317. Arrangements for next week's competition in Guelph will be made.

## Fresh Club

BY MS. R. CURRIE

The Fresh Club will be meeting after school today in the lecture hall. We will be discussing our first Fresh Club event, as well as t-shirts, and will continue our documentary screenings! New members are always welcome!

### Student Activities



# Interested in SAC?

Just a reminder to all students who are interested in serving on student council next year, please pick up an application form at the SAC Office before or after school. Applications are due on Friday, May 23rd at the end of the day.

# DANCE is a DESTINATION in the St. Benedict NATION!

By Mrs. M. ROCHA

The famous Bennies dance showcase, JUST DANCE!, is almost here! On Thursday May 29 at 7 PM, our stage will be lit by all of the amazing dancers at our school!

If you would like to perform in JUST DANCE!, you must fill out a registration form that is posted next to the stage door. All dance styles are encouraged! Solo, duets or group pieces are allowed. No auditions are required but the dance must be polished and appropriate. If you are interested in finding out more about this great annual event, please see the details that are posted by the stage door or see Mrs. Rocha.



## Other News

## Upcoming Events

### Wednesday, May 7

2:30pm Anime Club  
2:30pm Reach For the Top  
2:30pm Electric Car Club  
3:30pm Girls Soccer @ Resurrection CSS  
3:30pm Sr. Boys Soccer vs Monsignor Doyle CSS  
3:30pm Girls Slo Pitch @ St. Mary's HS at Hallman 1  
Spirit Day  
Catholic Education Week  
Eastertide Mass  
BENN Newsletter release

### Thursday, May 8

8:20am Gel Nails Training  
11:00am Fresh Club  
11:00am YouTube Film Crew Club  
2:30pm Seams Sew Easy Club  
2:30pm Girls' Workout Club  
3:00pm Boys Slo Pitch vs Sir John A at Can-Amera 2  
3:30pm Girls Slo Pitch @ St. David CSS at RIM 1

### Tuesday, May 20

3:00pm Boys Slo Pitch @ Southwood SS at Can-Amera 1

### Wednesday, May 21

11:00am Art Club  
11:00am Glee  
11:00am Ultimate Club  
11:20am Eco Squad  
2:30pm Anime Club  
2:30pm Reach For the Top  
2:30pm Electric Car Club  
7:00pm COPA Spring Concert  
Spirit Day  
SAC BBQ day  
BENN Newsletter release

### Thursday, May 22

11:00am Fresh Club  
11:00am YouTube Film Crew Club  
2:30pm Seams Sew Easy Club  
2:30pm Girls' Workout Club

6:00pm Badminton Club  
6:30pm School Council Mass and Meeting  
Catholic Education Week

**Friday, May 9**

2:30pm Doctor Who Video Club  
3:30pm Sr. Boys Soccer @ ES Pere-Rene-de-Galinee  
6:00pm Prom  
Catholic Education Week

**Sunday, May 11**

Mother's Day

**Monday, May 12**

11:00am Guitar Club  
2:30pm Camera Club  
2:30pm Electric Car Club  
3:00pm Sr. Boys Soccer vs Woodland Christian HS  
4:30pm Girls Soccer vs St. David CSS  
Co-president campaign week

**Tuesday, May 13**

3:00pm Boys Slo Pitch vs WODSS at Can-Amera 2  
Co-president campaign week

**Wednesday, May 14**

11:00am Art Club  
11:00am Glee  
11:00am Ultimate Club  
11:20am Eco Squad  
2:30pm Anime Club  
2:30pm Reach For the Top  
2:30pm Electric Car Club  
3:30pm Girls Slo Pitch vs Grand River CI at Can-Amera 2  
Spirit Day  
Co-president campaign week

**Thursday, May 15**

11:00am Fresh Club  
11:00am YouTube Film Crew Club  
2:30pm Seams Sew Easy Club  
2:30pm Girls' Workout Club  
6:00pm Badminton Club  
Co-president campaign week

**Friday, May 16**

2:30pm Doctor Who Video Club  
Co-president elections

**Monday, May 19**

11:00am Guitar Club  
2:30pm Camera Club  
2:30pm Electric Car Club  
Victoria Day holiday

3:00pm Boys Slo Pitch @ St. David CSS at Hillside Lower  
6:00pm Badminton 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. Benedict's using your cell phone



Visit  
[stbenedict.wcdsb.ca/calendar.php](http://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.

