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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

June 4, 2014



*Kayla Baker's*  
**RunAlong.ca**  
**5K Run/3K Walk**

**Bob McMullen Trail**  
1458 Hamilton St.  
Cambridge  
**Saturday, May 31, 2014**

10:00am - 3K Start  
10:30am - 5K Start

To Register visit  
[www.runalong.ca](http://www.runalong.ca)  
and follow the link  
**\$35\***  
Register Now!

Each participant who registers before May 15th, 2014 will receive a free shirt. Sizes: S, M, L, XL.  
All funds raised will be donated to The Hospital for SickKids.  
\*Register before December 31, 2013 to receive the Early-bird rate of only \$30

**What is Run aLung?**  
We are pleased to announce that again this year, in partnership with The Running Room, Kayla Baker's Run along will return to benefit SickKids Hospital.  
The inspiration behind this walk/run is Kayla Baker, a 15 year old single lung transplant recipient with the dream to run and to help others in any ways she can. Kayla is still recovering from her surgery in Toronto's SickKids Hospital, and while last year's Run aLung event raised significant funds for the Rehabilitation Department at SickKids, this year, Kayla's sights are on the ICU Department. Young patients are left recovering in ICU with little to do. Our goal is to purchase tablets and televisions and other items to help pass the patients' time more enjoyably.

**Ways You Can Help**  
Any contributions you can provide will be greatly appreciated and would bring us that much closer to achieving Kayla's dream of \$30,000.00 for the SickKids ICU Department. You can help by providing us with the gift of a cash or cheque donation, or by credit card donation. Cash/Cheque donations can be made payable to Run aLung, and can be picked up by one of Kayla Baker's Run aLung Committee members, we can be reached through [runalong@gmail.com](http://runalong@gmail.com). If you would prefer to make a credit card payment please visit [www.runalong.ca](http://www.runalong.ca), follow the link to make a donation directly to the Sick Kids Hospital on behalf of Run aLung. Donations of \$10 or more donated via credit card will receive a tax receipt.

Donations to Sick Kids

## Administrative

### News from the Guidance Department

By Mrs. P. Klassen

#### Exam Cram – What a Great Idea!

Idea Exchange has partnered with the non-profit organization, Tutoring Beyond Borders ([www.tutoring-beyond-borders.com](http://www.tutoring-beyond-borders.com)) to offer FREE exam review sessions to high school students in the Cambridge area. An exam cram session will be led by Tutoring Beyond Borders tutors, who

will provide a review of the course content as well as one to one assistance. The exam cram program will be offered for a number of topics in Grades 9 – 12 Math and Science courses. A session is scheduled to take place at the Clemens Mill Library at St. Benedict CSS on Saturday, June 14 between 12:00 Noon and 5:00 PM. Interested students are encouraged to sign up early online at [www.ideaexchange.org](http://www.ideaexchange.org)

## **Creative Ideas for Summer Fun**

From the college that has graduated some of the best animators in the industry, here is a unique opportunity – summer workshops for young artists who want a taste of what Sheridan College has to offer. In July, Sheridan will be offering workshops in Life Drawing, Perspective Drawing, Character Design and Storyboarding. Each workshop can be taken on its own or in combination – no experience is necessary. Students will be taught by Sheridan professors who are masters in their field and talented individuals with decades of practice in the industry. For more information contact Angela at 905-845-9430 x. 2024 or [angela.stukator@sheridan.college.ca](mailto:angela.stukator@sheridan.college.ca)

Idea Exchange will be hosting a teen summer reading club. Members will be invited to submit their reviews from July 2 – August 8 and will be entered in weekly, as well as a grand prize draw to win an Apple iPad mini16GB. Want more details? [www.ideaexchange.org/teens](http://www.ideaexchange.org/teens)

## **Summer Job Opportunity**

If you have a passion for selling and are interested in joining a great team, The RHB Group would like to hear from you! If you are wondering about what the RHB Group is, this is the umbrella that our uniform supplier, McCarthy's falls under. The company offers great incentives, an excellent, paid training program, flexible shifts and a fun environment. Information regarding the application process, as well as application forms, are available in the guidance office. Resumes must be received no later than June 6.

## **Attention Grade 12 Potential Graduates!!**

All Grade 12 students who are planning on graduating this June are reminded that Community Service Hours need to be completed and handed in to the main office by the end of May. Completing a minimum of 40 hours of community service is an important, and required, component of earning your high school diploma and we cannot grant your diploma until this important step is completed and recorded at the school. Although this is important for all students, it is especially important for students who have applied to college or university as any offer that you have received is conditional upon completion of all graduation requirements – including your community service hours. Please take care of this important detail.

## **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 still 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.
4. If you are planning to attend the Graduation Ceremony at Conestoga College on Wednesday, June 25 and have not registered to attend, this detail needs to take place ASAP as the registration deadline has passed.

## **Community Service Opportunities**

Several new volunteer opportunities have been made available in the recent weeks. Students seeking ways to complete their community service hours, should consider the following:

1. The Juvenile Diabetes Research Foundation (JDRF) is seeking the assistance of student volunteers for their annual walk. Volunteers are needed for both the Kitchener and the Cambridge walks. Volunteer jobs would include helping to set up, take down, face painting and running children's activities. Contact Margot directly at [mfitzpatrick@jdrf.ca](mailto:mfitzpatrick@jdrf.ca) if you are interested in volunteering.
2. Your active participation in any fundraising event can count towards your community service hours. This would include participation in events like Run aLung on May 31, the Juvenile Diabetes Walk, Run for the Cure, the Hike for Lisaard House and any other type of walk, run, or bike that is raising money for a charitable organization. Registration forms for the Hike for Lisaard House are available in the guidance office.
3. The City of Cambridge is always looking for volunteers to assist with the many activities that they run during the summer months – the Cambridge Arts Festival, the Forbes Park Music Festival, the Cambridge Highland Games and Rock the Mill are only a few events which require lots of help. See the City of Cambridge web site for more information on how you can be involved.
4. The Waterloo Regional Police Association is seeking your help in organizing "Family Nights," These evenings will be every Thursday and will run from 5:00 to 9:00 PM. Volunteers are needed to create a fun filled interactive evening with children of police officers who will there attending meetings. You will be placed on a rotating schedule and can be signed up individually or in a small group. Volunteers are asked to make a 6 month commitment to the program. Contact Krista Brown at 519-622-0771 or [kbrown@wrpa.org](mailto:kbrown@wrpa.org) if you are interested.
5. The Rotary Club of Cambridge is seeking 400 volunteers to help with the first every Ribfest to be held in Cambridge this summer. Contact [volunteer@cambridgeribfest.com](mailto:volunteer@cambridgeribfest.com) or visit the website at [www.cambridgeribfest.com](http://www.cambridgeribfest.com) for more details.
6. The Faculty of Education at Wilfrid Laurier University is seeking volunteers, ages 16 and older to participate in their Summer 2014 Enrichment Day Camp, LEAP (Laurier Enriched Academic Program). LEAP volunteers will assist program leaders in all aspects of the programming. Volunteering at LEAP could be of particular interest to students considering a career in education. Application forms and additional information are available at [www.wlu.ca/leap](http://www.wlu.ca/leap). The deadline for applications is June 1, 2014.

## **Summer School**

Summer school will be available this summer for St. Benedict students through the Waterloo Region District School Board, our coterminous board. Selected make-up credit courses will be offered at Jacob Hespeler Secondary School in Cambridge and Cameron Heights Secondary School in Kitchener. A selected number of new credit courses will be offered at Jacob Hespeler Secondary School in Cambridge, Sir John A. Macdonald Secondary School in Waterloo and Bluevale Collegiate in Waterloo. Classes will begin on Wednesday, July 2 and will run until Friday, July 25. Make-up courses are 3 hours in length, either morning or afternoon, while new credit courses are 6 hours in length, not including a 30 minute nutrition break. Students can register for a maximum of 2 make up credits or one new credit course. In addition to these two options, there are also a selected number of on-line blended courses being offered. More information regarding summer school course offerings and registration is available in the guidance office. Please note that students interested in taking a new credit course in summer school must register by June 12. Students planning to take a make-up course have until June 25 to register. See guidance for more information.

## **Front Door Walk-In Counselling**

Front Door Walk-In Counselling is a program offered in partnership by Lutherwood and Carizon Family and Community Services. Lutherwood and Carizon are dedicated to providing programs and services that help children, youth and families as they manage life's challenges. Through a single family session Front Door Walk-In Counselling helps families with children up to 18 years of age identity issues, and find the tools, strategies and resources to address their unique needs. They are located in Cambridge at the Lang's Community Center, 1145 Concession Rd. and available every Thursday from 10:00 AM - 5:30 PM (last appointment time is 4:30 PM). For more information, see [www.frontdoormentalhealth.ca](http://www.frontdoormentalhealth.ca)

## **MENTAL HEALTH WELLNESS WEEK**

BY MRS. W. SCHUSTER

The week provided staff and students with information and strategies in order to develop and maintain healthy, balanced mental wellness. A very sincere thank you to everyone who helped plan and present:

- Mr. Calhoun, Ms. Reis, Mr. Curtis, Mr. Dufresne for sharing their knowledge, expertise and experiences
- T.J. Cowen, Dawson Driscoll, Mr. Renner for their technical genius
- Jasmine Cowen for her vision of the week and for being the M.C.
- Brianna Taylor for developing the ranger system PowerPoint
- Kiki Bouctsis for her planning contributions
- Sandra Ayerst (school social worker) for her guidance and support

Some highlights of the week included: daily prayer and information about mental health, and tips and strategies for developing and maintaining good mental wellness on the ranger system. Tuesday we had a civvies day and we raised over \$1,000 for the Suicide Prevention Council. Wednesday was wear purple day and our wellness seminar day featuring Mr. Calhoun speaking about mental wellness and nutrition, Mr. Dufresne talking about physical health and mental

wellness, Ms. Reis and Mr. Curtis speaking about living life to the fullest and enjoying life, and finally Tana Nash the director of the Suicide Prevention Council of Waterloo Region spoke about the domains of mental wellness, recognizing them and keeping them healthy.

**Let us recycle your  
dead batteries, ink  
cartridges, and old cell  
phones.**

**Drop them off at the Main  
Office or in the Library.**



## Academics

### **Enriching the Lives of Students**

By MRS. D. WITTMANN

#### ***Twelfth Night* by William Shakespeare**

Musical, interactive and uproariously funny, director Will O'Hare's inventive vaudevillian take on *Twelfth Night* premiered in 2009 and has become one of CTP's most beloved productions. Five actors undertake eleven roles, astounding audiences with genuine theatre magic. *Twelfth Night* remains a relevant commentary on the illusions – and delusions – of love. Shakespeare used mistaken identity, love triangles and a dash of cross-dressing to create one of his most famous comedies.

#### **The Classical Theatre Project creates live entertainment for the digital generation**

CTP's shows range from traditional Elizabethan productions of Shakespeare to technologically innovative adaptations of modern musical classics. What sets CTP apart is our commitment to creating relevant theatre for a new audience.

Whether we are playing to a young person attending live theatre for the first time, or Shakespeare's biggest fan, CTP makes the experience entertaining, impactful and fun.





Since its founding by David Galpern and Charles Roy in 2001, CTP has played to more than 1,000,000 people in over 40 cities across North America.

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



## COMM Corner

BY MRS. D. WITTMANN

### Parts Of Speech: Series Introduction

Traditional grammar classifies words based on eight parts of speech: the verb, the noun, the pronoun, the adjective, the adverb, the preposition, the conjunction, and the interjection.

Each part of speech explains not what the word is, but how the word is used. In fact, the same word can be a noun in one sentence and a verb or adjective in the next.

Over the next eight issues, we look take a look at each part of speech.

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

## History Students Commemorate WWII “Operation Overlord”

### Three St. Benedict students take honours

BY WCDSB NEWSWIRE

The Laurier Centre for Military Strategic and Disarmament Studies, in partnership with the Waterloo Catholic District School Board, and St Jerome’s University, are pleased to announce the winners of the Operation Overlord: Canadians in D-Day and the Normandy Campaign contest.

This contest was open to all grade 10 students in Waterloo Region as part of the greater national commemoration of the 70th anniversary of the Allied invasion of Europe and the liberation of France in 1944.

All entrants were required to describe the experiences of Canadian soldiers, airmen, sailors or medical personnel (including nurses) involved in the Allied invasion of France in 1944 and the Normandy Campaign that followed. Their entries could be expressed as an essay, poem, song, video, diary entries or a piece of art work. Entries

were judged based upon their historical authenticity, originality, creativity and ability to make the judges feel that the author has experienced the event (Operation Overlord and the Normandy Campaign).

A total of five finalists were chosen from all entries received during first and second semester, and will receive a book prize containing a package of LCMSDS’s top Normandy-related publications. The top three entries will receive a cash prize (1st place \$350 / 2nd place \$150 / 3rd place \$100). The five finalists are: Ben Faria (Video) – St. Mary’s HS (1st Place), Connor Goliath (Short Story) – St. Benedict CSS (2nd Place), Cameron Jakub (Poetry) – St. Mary’s HS (3rd Place), Emma Kelly (Poetry) – St. Benedict CSS, and Areeba Quereshi (Diary) – St. Benedict CSS.

## Benny's Track and Field Members Successful at District 8

By MR. F. WITTMANN

Congratulations to the Benny's Track and Field Team who won the Junior Boys, Overall Boys, and Combined Overall D8 Titles. 27 athletes qualified for CWOSSA including:

- **Triple Gold Medalists and Individual D8 Champs:** Devaughn Channer, Sevanne Ghazarian, & Evan Rodenburg
- **Triple Medalists:** Mario Alyas, Austin Goulart, Steven McKinnon, Marcus Noble, Sarah Sue-Ping, & Jade Weir
- **Gold Medalists:** Sarah Joseph, Ryan Meisner, Andrew Misener, Marcus Penaloza, Nick Phung, Augustine Soga, Mallory Thompson, & Aidan Yearwood
- **Silver Medalists:** Scott Corbett, Alex Douglas, Adam Laranjeiro, Kiera Lahey, Dillon Marcy, Julia Mascarenhas, Dan McArthur, Kaelen Munro, Sydney Papadopoulos, & Ethan Safar



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**GIRLS SOCCER**  
Resurrection 1, Saints 1  
St. Mary's 6, Saints 0  
QUARTER-FINAL  
Saints 3, Woodland 0  
SEMI-FINAL  
St. Mary's 2, Saints 0

**SENIOR BOYS SOCCER**  
Msgr. Doyle 1, Saints 0  
Saints 4, Woodland 0  
St. David 1, Saints 0

## Girls Soccer Season ends in Semi-Finals

By MR. J. BAILEY

Last Wednesday night our Varsity Girls Soccer Team took to the front field to host Woodland in their District 8 quarter-final playoff game. The girls played a great game and with a complete team effort came away with a 3-0 victory. Dana Milani, Allie Amaral, and Emily Soares each scored goals while Rebecca Quigley and Maddie Kent combined for the shutout.

Yesterday the girls didn't manage to get on the board in their semi-final game against St. Mary's. The big loss to St. Mary's last week did not deter them, and the team put up a solid effort. In the end, the Eagles prevailed, winning the game 2-0. We are proud of the girls making it to the semis, and congratulate them on a well played season overall!

## Are you in LEAP?

All students that took LEAP last semester are invited to pick up a form for our second annual field trip to Chicopee. Please see Mr. Dufresne in the PHE office. All forms must be signed and returned no later than Friday May 23rd.

## Annual SBCSS Elementary Badminton Tournament

By MRS. S. REIS

Five schools from our family of schools and PRDG participated in our one-day elementary badminton tournament last Friday. The day was filled with some great badminton, etiquette and

sportsmanship.

Congratulations to PRDG who won the overall team championship earning 105 points for their school; second place mention goes to St. Margarets and third place was St. Elizabeth.

Thank you for all those athletes who participated, the coaches who invested time and energy to this event and to the parents who came out to support the day. Looking forward to working with a strong group of badminton players next year.

## 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>.

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

### Badminton Club Players!

Check to see if the Thursday Badminton Club is "on" on Twitter. Each Thursday a status posting will be made.

Follow: StBen\_Bdmtn for announcements

### Silence!

Shhhh...do you hear that? It's the sound of silence, the sound of St.Benedict's taking a vow of silence. On May 22, give up your voice for others who are being denied theirs, because every voice should be heard! If you'd like to participate in the vow, please come to the Vow of Silence table in the atrium at lunch on Tues and Wed to add your name to the list of staff and students



who are committing to this very worthwhile event and on the morning of Thursday May 22 come back to the table to receive a vow of silence sticker that you can wear for the day so that others know you are being silent for those who are denied their voice!

## Student Activities

## Other News

### **Cambridge Libraries Exam Cram**

**Saturday June 14**

**12:00 to 5:00 pm @ Clemens Mill Library**

Free Exam prep for Grades 9 to 12 maths and sciences

Free tutoring provided by tutors from Tutoring Beyond Borders, a charitable organization.

Please register at <http://tutoring-beyond-borders.com/content/exam-cram>

## **Would you like fries with that?**



**Two weeks ago Mrs. Leusink and Mr. Ambeau got the opportunity to represent the school by flipping burgers at the McHappy Day at the McDonalds on Hespeler Road. They look like they were enjoying themselves!!**

## Upcoming Events

Wednesday, May 21

Wednesday, June 4

2:30pm Anime Club  
2:30pm Reach For the Top  
2:30pm Electric Car Club  
7:00pm COPA Spring Concert

**Thursday, May 22**

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 @ St. David CSS at Hillside Lower  
6:00pm Badminton Club  
Vow Of Silence

**Friday, May 23**

2:30pm Doctor Who Video Club  
2:30pm SAC applications due

**Monday, May 26**

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

**Tuesday, May 27**

3:00pm Boys Slo Pitch vs Eastwood CI at Can-Amera 2

**Wednesday, May 28**

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 Waterloo CI at Can-Amera 1  
Spirit Day

**Thursday, May 29**

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 Grand River CI at Can-Amera 1  
6:00pm Badminton Club  
7:00pm JUST DANCE! Showcase

**Friday, May 30**

2:30pm Doctor Who Video Club  
Relay for Life

**Saturday, May 31**

10:00am RunALung  
Relay for Life

**Monday, June 2**

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

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  
Spirit Day  
BENN Newsletter release

**Thursday, June 5**

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  
7:00pm School Council Meeting  
Athletic Banquet

**Friday, June 6**

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. 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!)

## 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.

