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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

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Next Issue

October 1, 2014

We're in full swing!

With just over two weeks of classes under our belts, saying that St. Benedict is abuzz with activity is an understatement. We have had twenty eight clubs start up. Fall sports schedules have been posted on the site, and our teams are representing St. Benedict's in a manner that makes us all proud.

There's a lot going on. Take one look at the calendar on the school website, and you will see that you can't even print the calendars for September, October, or November on one page. And if your son or daughter can't find something they like, they should approach a teacher to start something up.

St. Benedict has always tried to be *a celebration of people*. In recent years we have adopted the philosophy of being *the heart of the community: success for each – a place for all*. Walk the halls and you will see. St. Benedict's is awesome.

Grade 9 parents, we look forward to having you walk the halls tomorrow evening and meet your son's and daughter's teachers. Take some time to introduce yourself, and get to know those of us who are privileged to teach your students.

- Editor

Benny's in the Local Media

CAMBRIDGE TIMES: [St. Benedict CSS aims for AVIVA aid on ...](#)

Administrative

A reminder to grade nine parents!

Grade 9 Information Night

Thursday, September 18

7:00 - 9:00

Make sure you bring your grade 9 son's or daughter's schedule!

AVIVA Campaign Kick Off

BY MADDIE FRAMPTON

On Friday, September 5, I came to school feeling many emotions. It was the end of my first week ever at St. Benedict's, the first Friday of the school year, and the day of the first big event we were having as a school. As a grade 9, I still didn't feel like a part of the Bennies community; I mean it had only been 4 days! High school takes a little getting used to. I went to my period one class as usual, quietly anticipating period 2 when all the fun would begin.

Arriving at my period 2 class I waited along with my classmates for our AVIVA campaign to begin. The TVs all over the school were turned on and Mr. Wittmann and Miss Stockie gave an enthusiastic announcement to all of the Saints watching. When I looked out of the window I saw the rain clouds forming, and as the announcement went on we all anxiously waited to see if we would be able to execute our plan to bring the community together on that day. A couple minutes later it was confirmed that the kick off would have to be postponed until after lunch.

St. Benedict's is not just a community, we are a family; and the best way to bring a family together is a barbeque. The whole school got to go hang out, talk and eat delicious hotdogs.

After lunch we all went to our period 3 classes, and when we looked out of the window now we could see the sun shining. We slowly started making our way out of the school and forming giant human letters on the front field. There were teachers and older students making

***St. Benedict's is not just a
community, we are a family***

their way around helping everyone get into position. This campaign not only benefits our school but the whole community. So it seems only right that the community would be involved.

There were firefighters, police officers and more coming to experience the "heart of the community." The whole school, approximately 1500 students, stood outside in our letter formations, talking and laughing with friends. We had our picture taken by a drone that was flying around high up in the sky. And finally, when we had successfully formed the letters and gotten some good pictures, we got to have freezies before we went back to class. But the effects of what we had accomplished did not leave us as we left the field, to go back to our normal routines.

As I walked back to my class I felt a new sense of comfort. I now felt like I belonged at St. Benedict's; we had done something fun and exciting together as a community, as a family, and I was a part of that family. AVIVA will not only benefit the family of St. Benedict's but also all the surrounding families in the community. This is something that is bringing all of us closer together, just one more thing that our community will get to share.

Catholic Board Seeks Municipal Elections Compliance Audit Committee Members

BY WCDSB NEWSWIRE SERVICE

The Waterloo Catholic District School Board is seeking members for its Municipal Elections Compliance Audit Committee. Applications will be brought forward for approval by the Board of Trustees at the September 29, 2014 public board meeting.

QuickFacts

The Municipal Elections Act requires every school board district to appoint a Compliance Audit Committee by October 1 in the year of the election of Trustees.

The committee's role is to review applications for compliance audits regarding a candidate's campaign expenses. Members of a Compliance



“Heart of the Community” Belonging – You are never alone, when we walk together

At the heart of every community are the people who live there. While we are all unique individuals with strengths and gifts, we pulse together and strengthen our community through mutual respect and support. Belonging is the key; it feeds our spirit and gives us the wings to soar higher and dream longer when we are supported to achieve our full potential. St Benedict High school embodies these values. Situated in one of the busiest arteries in the city of Cambridge, its motto beautifully embraces the city in “a celebration of people”. Through its mission; “success for each, a place for all” St. Benedict’s calls us together as a communion of family; belonging and reaching higher, together as a community.

Home to more than 1 500 faculty and students, Bennie’s diverse and inclusive culture and programs reach beyond the academic to enrich the lives of thousands in our community each year. From nutritional support in the breakfast club and brown bag lunch program to arts, drama, technology and extracurricular events such as robotics, games club, chess, science team and music, no one is left unfulfilled and everyone belongs. Exceptional school leadership supports community based events and charities that have touched the lives of local citizens. Over the past four years the Bennie’s community has contributed more than \$100,000.00 to support the crisis in Haiti, local food drives and Cancer Society and Organ Donation initiatives.

Our Aviva Community Fund dream is to provide fitness alternatives and enhancements that promotes the health and wellness of our community. Activity is the key to aging. Our

Audit Committee cannot be members of the school board, an employee, or a candidate in the election.

Any qualified elector may apply to the Compliance Audit Committee for a compliance audit of a candidate’s financial return. The Compliance Audit Committee will consider the application and decide whether to retain an auditor to undertake a compliance audit of the candidate’s financial return. If a compliance audit is undertaken, the committee will consider the auditor’s report. If the compliance audit determines that there has been an apparent contravention of the Act, the Committee will decide whether to proceed with legal action.

Related Links

[\[PDF\] Compliance Audit Committee Citizen Appointment Application Form](#)

[\[PDF\] Compliance Audit Committee Terms of Reference](#)

children are endless sources of energy, constantly on the move. Their energy transfers to their families and neighbours as they engage in activity to maintain vitality supporting their children through sports and recreation. St. Benedict's has a vision that promotes the activity of our greater community. Bennie's is visited by more than 10,000 participants annually as a local host for soccer, lacrosse, foot ball and field hockey teams' playing season, basketball and soccer camps and tournaments. As an exceptional sight for track and field, local youth grades four to eight from Intermediate schools are welcomed in celebration each spring. Most importantly, day and night, local citizens greet each other in the spirit of the community walking the track, working through boot camps, flying kites and cheering local teams. Belonging; we all crave it, need it, embrace it. St. Benedict's celebrates belonging as the spirit of Cambridge, our community, our city, together.

Our Aviva dream is to enhance our community field to better meet the needs and interests of the community. We will achieve this by:

- Installing a 150 meter stone dust trail with several fitness stations along the route that will attract and provide a greater diversity to the users health and wellness routines
- Installing a multi-sport electronic score-board that can be programmed to meet each club and schools needs
- Replace the worn and damaged wooden bleachers with safe and accessible stadium seating for up to 200 spectators that are utilized not only by local teams, but boot camps and fitness enthusiasts

Located on a main artery in the heart of Cambridge, primary north and south bound city traffic passes the school each day. We are able to attract the attention of our community and to awareness campaigns and local initiatives that impact the lives of our people, the pulse of our city. Wrapping our city in support and belonging, with ribbons of green, yellow, red, pink and blue, we provide poignant reminders that we are here for each other and that we walk hand in hand together. Our strength is in our differences, the roots of belonging are our foundation; together we can achieve and find "success for each, a place for all".

News from the Guidance Department

By MR. M. AMBEAU

Course Changes

The Guidance Department would like to thank the parents, students and staff of St. Benedict for their patience and understanding during the first 2 weeks of the school year as we worked to settle all students into their classes as quickly as possible. In addition to dealing with course

changes, our school also welcomed many new students to our community. The course change period for semester one ended officially on Friday, September 12.

St. Benedict Welcomes International Students

This fall the St. Benedict community has welcomed over 30 International Students to our school. We have a growing number of Chinese students, as well as students from Vietnam, Sri Lanka and Colombia. These students are here on student visas and will study at our school with the intent to graduate with their Ontario Secondary School Diploma. While a few of our International students live with relatives while they are here, the vast majority of them live with “home stay” families. All of them bring something special to our community and we look forward to learning more about them and the countries and cultures that they come from.

Grade 12's and Post-Secondary Options

The process of meeting with Grade 12 students to help them review and plan their post-secondary options has started. Meetings for grade 12 students who are considering college or university application for September, 2015 took place this week during lunch on both Tuesday and Wednesday. If you are feeling confused about the application process and are having difficulty navigating through web sites and documents, consider taking advantage of the following supports:

1. Plan now to attend our Post-Secondary Information night on Thursday, October 23 at 7 PM. This event is being hosted by the Guidance Department and coincides with parent/teacher/student interviews. The presentation will take place in the Lecture Hall.
2. Glenview Park S.S will be the site for the Cambridge University Information Presentations on Thursday October 30th from 7:00 – 9:00 PM. All Ontario universities will have representation at this event and there will be opportunity to attend formal presentations, as well as time to tour displays.
3. Conestoga College will be hosting their annual College Information Presentations on Thursday, October 9 from 11:00 AM – 1:30 PM and from 5:00 – 7:00 PM at their Doon Campus. All Ontario colleges will have representation at this event and Conestoga will also have additional information available to parents and students regarding their programs.
4. Become part of the email distribution list sent out by the Guidance Office. This list is available to both students and parents. Details on signing up were shared with grade 12 students this week and are also available on the school web site in the guidance section.
5. The Ontario Colleges website offers a wealth of information regarding schools, programs and the application process. To research colleges and their programs go to www.onatriocolleges.ca
6. To research Ontario universities and their programs go to www.electronicinfo.ca

College and University Presentations

We have been fortunate in arranging visits to our school with liaison officers from several Ontario universities and colleges

University Visits

Tue. Sept 23 – Lakehead 11:45 am
Wed. Sept 24 – Nipissing 1 pm

who will be making presentations to interested grade 12 students. These presentations will begin next week and provide an excellent way for students to ask questions about specific schools that they are interested in. Students must sign up to attend the presentations that they are interested in attending, by the end of lunch the day prior to the visit. While we do not limit the number of visits that students may attend, we do encourage students to be selective about the visits that they attend as many of them take place during class time. Students are responsible for any school work that they miss if they choose to attend a presentation. Please refer to the complete list of presentations that is posted.

Thurs. Sept 25 – McMaster 8:15 am
 Mon. Sept 29 – Guelph 1 pm
 Thurs. Oct 2 – Trent 1:15 pm
 Mon. Oct 6 – Western 11:30 am
 Tues. Oct 14 – Brock 8:15 am
 Wed. Oct 15 – Windsor 9:30 am
 Wed. Oct 15 – Ryerson 1 pm
 Thurs. Oct 16 – Carleton 9:30 am
 Thurs. Oct 16 – Waterloo and St. Jerome’s 11:30 am
 Thurs. Oct 23 – Ottawa 9:15
 Mon. Oct 27 – Redeemer 9:30
 Mon. Nov 3 – Laurier 9:30
 Tues. Nov 4 – Guelph Humber 1:15
 Thurs. Nov 6 – Toronto 1 pm
 Wed. Nov 12 – Queens 9:30
 Tues. Nov 18 – Conestoga College (Degree Program) 9:30 am

College Visits

Thur. Oct 2 – Conestoga College 9:30 am
 Fri. Oct 3 – Humber College 8:30 am
 Fri. Oct 10 – Sheridan College 9:30 am
 Tues. Oct 28 – Mohawk College 8:00 am
 Tue. Nov. 4 – Lambton College 8:15 am
 Thurs. Nov 6 – Fanshawe College 9:30 am
 Fri. Nov 14 – St. Clair College 11:30 am
 Tues. Nov 18 – Conestoga College (Degree Program) 9:30 am

Community Service Opportunities

In addition to fulfilling an important diploma requirement, volunteering provides students with a way to give back to their community. As opportunities become known to the guidance department, they will be announced on the ranger announcement system, posted on the Guidance bulletin board and listed in the BENN.



Breakfast at Bennies!

BY MRS. W. SCHUSTER

DO YOU SKIP BREAKFAST...

- most days during the week
- because you don’t have time in the morning?
- because you don’t feel hungry as soon as you wake up?

If you answered yes to any of these questions....we have the solution for you....

Every morning, Monday through Friday, St. Benedict’s provides students with a healthy start to their day. ALL students are welcome, free of charge, to pick up a light breakfast snack in the atrium before school. The breakfast cart will be available



from 7:40 a.m. to 7:55 a.m.

We provide nutritious breakfast snacks including toasted English muffins and bagels, fresh fruit, yogurt, juice, cheese and more.

Every Friday we also prepare an extra special breakfast for all students. Students are welcome to join staff (who do the cooking, by the way) in room 107 starting at 7:30 a.m. Past Friday breakfasts have included: breakfast burritos, pancakes, Spanish omelets and much more.

It is through the gracious grants from “Nutrition for Learning”, school mission collections and fundraising that we are able to provide this important service for all of our students.

The program will officially begin on Monday, September 22nd and on Friday, September 26th, we will have our first “full menu” breakfast in room 107.

Please join us....it’s a great way to start your day!

HOW CAN I HELP?

- We welcome parent volunteers
- We welcome any monetary or food donations (food donations must meet Nutrition for Learning dietary standards)
- We welcome student volunteers (great way to pick up a few community service hours)

Please feel free to contact [Wendy Schuster](#) or [Danielle Trentini](#).

Special Message re: First Nations, Metis & Inuit Support Programs

BY MRS. T. WEBSTER, K-12 ABORIGINAL SUPPORT TEACHER

Welcome back to another school year!

My name is Tammy Webster and I am the Aboriginal Support Teacher with the Waterloo Catholic District School Board. My home reserve is Kitigan Zibi Anishnabeg (Maniwaki, Quebec) and I am Algonquin. Part of my role as the Aboriginal Support Teacher is to guide parents, families and students to voluntarily self-identify as First Nations, Metis or Inuit. I am available to answer questions and concerns. You do not need to be ‘status’ to identify since our goal is to collect data to help to anonymously plan and develop programs to support the needs of all of our students.

If you have First Nations (non-status or status), Metis or Inuit heritage, please be sure to check off the self-identification box on the student verification form or fill in the self-identification card that will be going home. This is a voluntary process, but it is used to develop support programs, services and resources to increase First Nation, Métis, and Inuit student success and achievement.

Please feel free to reach out for me at Tammy.webster@wcdsb.ca or by telephone at (519) 578-3660 x2305 if you have any questions, concerns.

St. Louis & St. Benedict: a B-eautiful relationship

BY MRS. M. BREAULT

HAVE YOU HEARD?



St. Louis has moved some of its programming into the 3 classrooms of the Annex.

Yet, St. Benedict Catholic Secondary School and St. Louis Adult Learning and Continuing Education Centres have worked well together already for many years to provide after-school, Saturday and Summer programming. Maybe you were in the Saturday Skills Builder or Summer Skills Builder Program when you were in Grade 7 or 8. Or you just participated in HeadStart at the end of August. Maybe you needed or still need some help after school and attending a Homework Club either at your grade school or at St. Benedict CSS made a big difference to get things done. Perhaps you are still thinking of taking a Portuguese Language for Credit class on Monday nights (it's not too late to sign up, by the way). St. Louis has played a role in making these programs happen for you!

So what's happening in the Annex, now?

Monday to Friday (day and evening), we offer the sought-after, accredited Personal Support Worker (PSW) educational program taught by registered nurses and recognized by the Ministry of Health & Long-Term Care. This professional health care program is open to students 18 and older, at a fraction of the cost of college or private institutions. Same quality standard education and employability -- for less money and a chance to earn their last few credits!

Core Essentials, a program for adults that have been out of school for a while and need to upgrade to prepare for secondary school credits is also available throughout the week, during the day.

After most of you have gone home, the same three classrooms attract some different adult students. We have part-time PSW students coming for the program Monday to Thursday evenings, English as a Second Language (ESL) classes on Monday, Wednesday and Thursday evenings and Correspondence & Guidance Services on Tuesdays ONLY 3:30-8:30. These students who choose to work toward credits online or through independent learning come to pick up and drop off lessons and get some tutoring support.

All St. Louis students use the rear entrance to the Annex, and you probably won't see them most of the time; however a BIG St. Benedict "B Kind" welcome is always appreciated.

St. Louis has served the Cambridge community for over 25 years to support or achieve credits, to gain professional skills or to receive language training, and we appreciate the support St. Benedict Catholic SS has given us in the past and especially now to continue to bring Hope, Opportunity and Success for All. If you have any questions, please contact [Ms. Santamaria](#) or visit our Open House on Wednesday, October 22, 2:30 - 5:00.

Academics

Enriching the Lives of Students

BY MRS. D. WITTMANN

Visit the Enrichment blog for interesting articles, enrichment Links, school achievements, and enrichment course information: [Enrichment@St.Benedict blog.](#)



COMM Corner

BY MRS. D. WITTMANN

Visit the English blog for information regarding our English programs, Literacy, interesting articles, and English links: [English@St.Benedict blog.](#)

ATTENTION STUDENTS WHO ARE TAKING AN ARTS CREDIT THIS SEMESTER OR NEXT SEMESTER!

Have you heard of spoken word? Do you love it or want to learn more? Then you must come on the LOUDER THAN A BOMB LAUNCH trip on October 1st! The trip includes a spoken word workshop, performances by the HYPE team and a feature performance by one of Canada's most popular spoken word artists, Shane Koyczan.

See Mrs. Rocha in room 104 this week after school for a permission form.

GEEK IS CHIC

By Miss C. STOCKIE

Starting THIS WEEK, on Thursday, September 18th, Grade 9, 10, 11 and 12 students are invited to come out for MATH CLUB!!!!

We will work on:

- answering those tough questions from class
- previewing up-coming math contests
- preparing for tests, assignments or even the final exam
- having all your questions answered
- getting ready for college or university

Meet with Dr. Chernysh EVERY THURSDAY after school in room 309.

Athletics

Junior Girls basketball

By Ms. M. PENALOZA


Congratulations to our Jr. Girls basketball team that started off their season with a win Monday night, 41-24 against Rockway. The girls played with intensity and fire, and managed to dominate on the defensive end. Top Saints scorers, Maya Dans 14pts, Tereza Borges 8pts and Makayla Corbral also with 8pts.

Join us for our first home game today at 4:30pm in our gym where they will play St. David's.

Cross-Country Start up

By Mr. F. WITTMANN

Members of the X-Country team ventured to the first race of the year – the Preston Fun Run. Congratulations to all newcomers who has a chance to experience the joy of long-distance running!



Jr. Girls basketball
Saints 41, Rockway MC 24

Sr. Girls basketball
Saints 45, Rockway MC 12

Jr. Boys volleyball
Rockway 3, Saints 1

Sr. Boys volleyball
Rockway 3, Saints 0

The team is still seeking new members, especially grade 9 and 10's. Come out this week!

Athletic Council members needed

BY MRS. S. REIS

Anyone interested in being a part of the Athletic Council this year, please attend a meeting this coming Thursday in the lecture over lunch. See Mrs. Reis-Power or Mr. Dufresne in the Phys.Ed. office for more information.

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

Fresh Club

BY MRS. R. CURRIE

Are you interested in finding socially responsible ways to eat the foods you love? Are you intrigued by politics, controversy, social justice, environmentalism, nutrition, or nonfiction? The Fresh Club is a place for you.

Do you think the Fresh Club is the last place for you? Just remember, if you don't want to know where your food comes from... maybe you should find out where your food comes from.

See you on Fresh Club Fridays, starting September 26th!

United Cultures

BY MS. M. REDFEARN

Do you speak more than one language? Are you interested in learning about other cultures and languages while making new friends? Do you have the desire to travel and to learn about what the world has to offer?

If so, then The United Cultures Club may be for you! The United Cultures Club meets Fridays at lunch in room 322. Everyone is welcome! Bring your lunch and we'll see you there.

Seams Sew Easy

BY MRS. E. MISSIO

Are you interested in creating with fabric? Would you like to learn how to sew costumes and clothes?

Come and learn more about the Seams Sew Easy Club. Our first meeting was last Thursday, but you are always more than welcome to join us! We meet every Tuesday at lunch and every Thursday after school in room 212. Please see Mrs. Missio or Mrs. Kloiber if you have any questions.

Crossfit Club

BY MRS. D. HODGSON

Anyone interested in joining the Crossfit Club are to meet in room 202 this Thursday, September 18. Spaces will be limited so be sure to see Mme. Hodgson to secure your spot.

Science Team

BY MR. J. BAILEY

Are you interested in Science? Do you like building robots and machines? Are you good at math? Do you like experiments? Are you a student at St. Benedict's? If the answer to any of these questions is yes then you might be interested in joining the St. Benedict's Science Team this year. We are having an introductory meeting on Thursday at the start of lunch in Room 312. Drop by promptly to see what we are all about! See Mr. Bailey if you are not able to be there.

Programmers Club

BY MR. A. MILARDOVIC

If you've got strong problem-solving skills and want to tackle computer problems, then come join the Programmers Club! Get prepped for the UW and ECHO programming contests, and have some fun coding at lunch, Fridays, in room 216!

Bennies in Motion

BY MR. N. DUFRESNE

All staff and students are invited to come check out the movement classes scheduled for our new Bennies in Motion Studio in room 201. Come join us for a spin, yoga or stretch class. Check the schedule outside room 201 for more details. Students and staff are also invited to lead a class of their choice but must contact either Ms. Reis or Mr. Dufresne. Let's get moving!

Benny's News Team

BY MR. A. MILARDOVIC

Are you interested in a career of journalism and want some experience? The Benny's Press Team is looking for writers, editors, and photographers for the BENN e-newsletter... Come join our team! Meeting with us Mondays at lunch in room 216. Bring your lunch with you.

MC Crew is starting up again!

BY MS. J. COX

MC CREW is starting up! (it stands for Makeup and Costume Crew) If you like doing hair and makeup and would like to do it for our theatre productions come to room 124 Wednesdays at lunch! Our first show is "Godspell" in October and we will be doing hair, makeup, and helping with costumes!! It's a really fun club and all are welcome no matter your experience!!!

DECA St. Benedict

BY MRS. C. RATZ

Get back to business with DECA at St. Benedict. This week is our kick off campaign – your chance to come out and see what DECA is all about. To get you started, here is some basic information.

So, what is DECA all about? DECA is an international business club that promotes business education and skill development through a series of competitions. DECA is active in Canada, the U.S.A., and Europe.

Business, really? Why should I join?

1. In addition to enhancing your business and presentation skills, you will have the opportunity to connect and network with students from across Ontario and potentially the world. Meet new friends. Develop your social and professional network.
2. Add DECA to your resume. DECA competition judges are from the local business community. They know what DECA is and they like what they see. Many students have told us they landed their part time job because DECA was on their resume.
3. Add DECA to your personal profile when applying for college or university. University recruiters have stated a preference for DECA involvement on applications.
4. Have fun! DECA may be the best experience of high school. Don't wait until grade 12 to join. Get involved early and take advantage of this great opportunity each year in high school.

How do I join? Come to a meeting to learn more. Go to room 214 at lunch on Tuesday or Thursday. More information is also available from Tyler DeSousa, Adam Lainey, Trevor O'Hagan, Veronic Reitmeier, Mr. Wittmann, or Mrs. Ratz.

Fitness Club

BY MRS. B. MARTIN

The fitness center is open to all students and staff:

Mon, Tues, Wed: all staff and students, 2:05–3:05

Thursday: Girls Only Fitness, 2:05–3:05

Yearbook Team

BY MS. R. CURRIE

To all students interested in applying for a position on the yearbook team: Applications are due **this Thursday**. Please bring your completed applications to Ms. Currie in portable 8, or drop them off on her desk in the math workroom, or to her staff room mailbox.

Make sure your TWO teacher references are submitted by your teachers by the end of the day on Thursday as well. References from grade 7/8 teachers are acceptable; you will need to submit paper forms of these directly, or have your grade 7/8 teacher email them to Ms. Currie. The list of selected applicants will be posted next week, and our first meeting will be next Wednesday, September 24 after school.

Puzzles Club

BY MR. A. MILARDOVIC

If you enjoy crossword puzzles, mazes, word finds, sudoku, or any other type of puzzle that forces you to flex your mental muscle, the Puzzles Club is the place for you! Bring your own puzzles, or try some of ours! Meet Wednesdays at lunch in room 216.

Dance Crew

Dance crew tryouts for this year will be held September 22 and 23 at 2:20 in the cafeteria on the stage.

Saints4Life Club

BY MRS. M. ROCHA

Attention students who have signed up to attend the Cambridge Walk for Life on Saturday Sept 27! Please return your pledge forms and money to Mrs. Rocha by Thursday September 25. If you are interested in attending and receiving 4 community service hours, see Mrs. Rocha today to sign up.

Millionaires Club

BY MR. A. MILARDOVIC

What would you do with a million dollars? Come and meet with others who are interested in the world of finance and investing. Come and talk stocks, bonds, and participate in some competitions in the Millionaires Club. Stock market competition begins Thursday at lunch in room 216, new members are welcome!

Doctor Who Club

BY MR. D. KUKWA

Attention Doctor Who Club members: due to Friday's PD Day, this week's meeting will take place on Thursday, after school, in room 226.

Camera Club

BY MR. J. CURTIS

If you want to learn how to take better photos with your digital camera or your cell phone, come join the camera club, an on-line forum for sharing photos and gaining experience. You must attend our first meeting on Wednesday after school in room 216 to get access to the website. If you can't attend the meeting, talk to Mr. Lehan in the math office or Mr. Curtis in the SAC office.

Looking for Bennie's Top Chef

Can you chop, sauté, emulsify and fold? Know your cumin, parsley, pinches and dashes? Get your aprons on and your whisks fired up TOP CHEF BENNIES is coming in October. See Mr. Calhoun, Mr. Paleczny or Ms. Weiler for details!

Calling all musicians!

BY MRS. J. RODRIGUES

The St. Benedict Concert Band will begin Monday rehearsals on September 22 in Room 101, from 2:20 to 3:30. All grades are welcome. See Mrs. Rodrigues for more information.

The SWINGIN' SAINTS Jazz Band begins in November. Rehearsals will be Thursdays, 2:20 to 3:30 beginning on November 6. Auditions will take place at the end of October. See Mrs. Rodrigues in Room 101 for more information.

Student Activities

Link Crew dance for Grade 9s

BY MRS. A. HEALY

Attention All Grade Nines and Link Crew Leaders. Link Crew is proud to present the Grade Nine Dance on Thursday, September 18th in the cafeteria. Doors open at 6:30 and close at 9pm. Admission is absolutely FREE. Please leave all bags and purses at home. See you on the dance floor!

Other News



Shannon and Katy are internationally renowned advocates, authors, volunteers and parents who come together to inspire communities to rethink the way they respond to conflict.

As a Catholic School, the focus on Restorative Practices is consistent with the virtues of hospitality, charity, love, justice, peacemaking, courage, gratitude, compassion, faith and forgiveness.

LET IT BEGIN WITH ME

An evening for adults with Shannon Moroney and Katy Hutchison
Tuesday, September 30: 6:30-8:30pm

Shannon's best-selling memoir, [Through the Glass](#) (2011), has been nominated for several awards including the Governor General's Literary Award for Non-Fiction and was a Canada Reads Top 40 selection.

Katy is the author of the best-selling memoir, [Walking After Midnight: One Woman's Journey Through Murder, Justice and Forgiveness](#) (2006), which was endorsed by the Dalai Lama and inspired Lifetime Network's movie "Bond of Silence" (2010).

Together they excel in creating safe, experiential opportunities for people of all ages to develop their emotional literacy and skills as peacemakers. Shannon and Katy will share their personal stories, how they came to work together and their vision of how restorative practice can transform relationships *from the family dinner table all the way to global conflict*. **St Nicholas parents will have an exclusive Q&A following the presentation.**

Restorative practice is a social science that integrates many disciplines and fields— including education, psychology, social work, criminology and leadership—in order to build healthy communities, increase social capital, repair harm and restore relationships. If you are interested in how restorative practice could transform communication and connection in your home, school, workplace or community; this is an evening not to be missed!

Tuesday, September 30th, 6:30pm

St. Nicholas Catholic School

525 Laurelwood Drive, Waterloo, ON

For complimentary tickets & further information:

contact Christa: nesbittswloo@gmail.com or call 519-589-4317

*****THIS EVENT IS OPEN TO THE COMMUNITY*****

Upcoming Events

Wednesday, September 17

- 2:15pm Fitness Club
- 2:15pm Camera club
- 3:00pm Jr. Boys soccer vs St. Mary's
- 3:00pm Sr. Girls basketball vs St. David CSS
- 3:00pm Jr. Boys volleyball @ St. David CSS
- 3:00pm Sr. Boys volleyball @ St. David CSS
- 4:30pm Jr. Girls basketball vs St. David CSS
- BENN Newsletter release

Thursday, September 18

- 10:45am Coffee House auditions
- 10:45am Lost Club
- 10:45am Crossfit Club meeting
- 10:45am Millionaires club
- 10:45am Science team meeting

Monday, September 29

- 10:45am Benny's Press Team meeting
- 1:00pm Univ. visit: Guelph University
- 2:15pm Fitness Club
- 2:20pm Concert Band
- 3:00pm Jr. Boys soccer vs Resurrection
- 3:00pm Jr. Girls basketball vs Woodland CHS
- 3:30pm Jr. Boys volleyball @ Woodland CHS
- 3:30pm Sr. Boys volleyball @ Woodland CHS
- 4:30pm Sr. Girls basketball vs Woodland CHS
- 7:00pm University Information Programme

Tuesday, September 30

- 10:45am Arts Council meeting
- 10:45am Seams Sew Easy
- 10:45am DECA Business Club

10:45am Crossfit Club
2:00pm Cross Country: Laurel Creek Race
2:10pm Games Club
2:15pm Seams Sew Easy
2:15pm Girls Workout Club
2:15pm Math Club
2:20pm Girls' Workout Club
6:30pm Grade 9 Dance
7:00pm Gr. 9 Meet the Teacher Night

Friday, September 19

10:00am Ontario Universities Fair
4:00pm Jr. Boys football vs Galt CI
Professional Activity Day

Saturday, September 20

10:00am Ontario Universities Fair

Sunday, September 21

10:00am Ontario Universities Fair

Monday, September 22

10:45am Benny's Press Team meeting
2:15pm Fitness Club
2:15pm Dance Crew tryouts
2:20pm Concert Band
3:00pm Jr. Boys soccer @ St. David's
3:00pm Jr. Girls basketball vs Resurrection CSS
3:00pm Jr. Boys volleyball @ Resurrection CSS
3:00pm Sr. Boys volleyball @ Resurrection CSS
4:30pm Sr. Girls basketball vs Resurrection CSS
Autumnal equinox

Tuesday, September 23

10:45am Arts Council meeting
10:45am Seams Sew Easy
10:45am DECA Business Club
11:45am Univ. visit: Lakehead University
2:15pm Fitness Club
2:15pm Dance Crew tryouts

Wednesday, September 24

10:45am Lost Club
10:45am Puzzles club
10:45am MC Crew
1:00pm Univ. visit: Nipissing University
2:15pm Fitness Club
2:15pm Camera club
3:00pm Jr. Boys soccer @ Msgr. Doyle
3:00pm Jr. Boys volleyball vs ES Pere-Rene-de-Galinee
3:00pm Sr. Boys volleyball vs ES Pere-Rene-de-Galinee
Opening School Mass

Thursday, September 25

8:15am Univ. visit: McMaster University
10:45am Lost Club
10:45am Millionaires club
1:00pm Jr. Boys football vs Cameron Height CI
2:10pm Games Club
2:15pm Seams Sew Easy
2:15pm Girls Workout Club
2:15pm Math Club
2:20pm Girls' Workout Club
7:00pm School Council

2:15pm Fitness Club
7:00pm University Information Programme

Wednesday, October 1

10:45am Lost Club
10:45am Puzzles club
10:45am MC Crew
2:15pm Fitness Club
2:15pm Camera club
3:00pm Jr. Boys soccer vs St. David's
3:00pm Sr. Boys volleyball vs St. Mary's HS
3:30pm Sr. Girls basketball @ St. Mary's HS
5:00pm Jr. Girls basketball @ St. Mary's HS
BENN Newsletter release

Thursday, October 2

9:30am College visit: Conestoga
10:45am Lost Club
10:45am Millionaires club
10:45am Top Chef Bennie's
1:00pm Jr. Boys football @ Eastwood CI
1:15pm Univ. visit: Trent University
2:10pm Games Club
2:15pm Seams Sew Easy
2:15pm Girls Workout Club
2:15pm Math Club
2:20pm Girls' Workout Club

Friday, October 3

8:00am Manufacturing Day
8:30am College visit: Humber
10:45am Star Trek Club
10:45am Programmers club
10:45am United Cultures
10:45am Fresh Club
1:30pm Cross Country: Bechtel Race
2:15pm Doctor Who Video Club

Did you know?

There are over 1,100 entries on our school calendar on the website!

This means plenty of opportunities for your son or daughter to get involved!

Check the calendar on our 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.**

7:00pm Arts Coffee House evening
Say "Hi" Day
Outers Club Algonquin Trip

Friday, September 26

10:45am Star Trek Club
10:45am Programmers club
10:45am United Cultures
10:45am Fresh Club
2:00pm Cross Country: Shades Mill Race
2:15pm Doctor Who Video Club
Outers Club Algonquin Trip

Saturday, September 27

Outers Club Algonquin Trip

Sunday, September 28

Outers Club Algonquin Trip

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.

