



Table of Contents

- [Administrative](#)
- [Academics](#)
- [Athletics](#)
- [Clubs](#)
- [Student Activities](#)
- [The Arts](#)
- [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 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](#)

[Ms. Maureen Gill](#)

[Ms. Laura Varriano Lane](#)

Madalyn Frampton,
Miyuki Sesoko, Sara Sheikh,
Ally Suarez, Vanessa Winiarz

Next Issue

February 25, 2015

Find your place...

It's February! Start of a new semester. New beginnings, new hopes, new dreams. For some students, it's part of the final countdown—last semester of grade 12. For others, it's that wow moment that *I just finished my first semester of high school, and it's time for the next one!* Gotta love grade 9 enthusiasm.

Working on the newsletter, website, and school social media gives the BENN team a unique perspective of the goings on within this building. Admittedly, we often find it hard to keep up. Thankfully, we do have the announcements and the Ranger powerpoint announcement system to help us out.

We throw down the challenge again to students: **find your place.** You belong at Bennie's, now find something that will make your stay here more enjoyable. Love playing music? Join one of the bands. Interested in social justice issues? Try MAD, or Because I am a Girl, or the Fresh Club. Money? Financial club. Taking pictures? Camera club. And the list goes on and on and on.

At St. Benedict's we strive to be the *Heart of the Community: Success for each – a place for all.* Parents, students, find your success here: academically, socially, spiritually. There is a place for everyone, and there is always room for one more. Welcome to a new semester. We hope you have a great one!

– Editor

Administrative

Ministry of Education Online School Climate survey for Parents and Teachers at St. Benedict C.S.S.

BY MR. D. WITT, PRINCIPAL

Every second school year, all schools in the Waterloo Catholic District School Board are required to conduct a school climate survey for parents as per provincial legislation. We are using the online School Climate Survey System. This will help us in our continuing efforts to address and prevent bullying/harassment in our schools and make our school even more safe and welcoming.

1. Go to: <http://www.edu-climate-surveys.ca/>
2. Choose a language by clicking in the "English" or "Français" button
3. Enter the survey code: Parent code: 9-ZTW-297-K, Teacher at St. Benedict: 2-YDM-593-M and click the "Submit Code" button
4. Follow the instructions on the survey

Surveys can be done from any computer with a web browser connected to the Internet.

LEAP: An enrichment course for our athletes

BY MR. N. DUFRESNE

Do you have an athlete that competes on a rep level sports team or individual sport? Do they want to spend more time training to improve their overall performance? Then you may want to consider choosing LEAP (Leaders and Exceptional Athletes Program) as one of their courses for next year.

LEAP is an enriched physical education course for student-athletes who demonstrate exceptional athletic potential in a given sport. This course is designed to help student athletes improve their overall performance in their sport of choice by developing transferable skills like cardiovascular endurance, speed, agility, coordination, power, strength and flexibility.

Applications are currently being accepted until February 27, 2015. For more detailed information about the program, selection criteria and application process please visit our webpage at <http://stbenedict.wcdsb.ca/leap> or contact the program coordinator, [Mr. Nathaniel Dufresne](#).



What is Specialist High Skills Major (SHSM)?



The Specialist High Skills Major (SHSM) is a Ministry approved award you can earn during grade eleven and twelve which encourages you to focus your secondary school education toward a career area of your choice.

No matter whether you plan to go to work, apprenticeship, or college/university you can earn a SHSM. The SHSM Red Seal symbol on your diploma lets employers and post secondary institutions know that you have knowledge, skills, and industry-recognized qualifications related to a particular career field.

Majors offered at St. Benedict's C.S.S. in 2014-15

Arts & Culture • Business • Construction •
Energy

Environment • Health & Wellness

Hospitality & Tourism • Info & Communications

Justice & Community Safety • Manufacturing

Transportation

Students participate in:

COURSES – Specific grade 11 and 12 courses identified for your Major; choose these recommended courses during our upcoming (February) course selections

CERTIFICATIONS – Earn Industry recognized Certifications offered through the school

CO-OP – complete 2 credits in work placements in your area of interest

If you are in grade 10 and have not already done

so, sign up for SHSM. Registration forms are available in the guidance office. More information can be found online at www.highskills.ca.

Literacy Test Prep

Any students looking for some extra help preparing for the OSSLT on March 26th are welcome to join us on the following dates in room 224 at 2:15:

Wednesdays – February 4, 11, 18, 25, March 4, 11, 25

Mondays – February 23, March 2, 9, 23

Motivating your Kids/Teens Presentation

The Schools Councils of St. Margaret, Christ the King, St. Peter and Blessed Mother Teresa invite you to a presentation by Dr. Karyn Gordon on February 19th at St. Margaret CES. Dr. Karyn will be speaking about **Motivating your Kids/Teens - 7 Strategies to Inspire/Motivate Them.**

See you on the 19th.

The BENN Poll

This poll is closed.

Lent is almost here!

Wednesday, February 18 is Ash Wednesday, which marks the beginning of the Lenten season. Are you doing anything during Lent to prepare for Easter?

I am going to give something up	5
I am going to do something extra	8
I am not doing anything for Lent	0

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.

Saints see some success at DECA

By MR. F. WITTMANN

Fifty two DECA students from Bennies ventured to the provincial championship in Toronto from February 5 to 7. They were professionals in every sense of the word as they competed in a variety of categories against 7000 other students.

Congratulations to Tyler De Sousa, Adam Lainey, and Trevor O'Hagan who placed 2nd in Ontario in the Sports and Entertainment category. This is only the third time in Bennie's history that DECA students have placed in the top 2. The boys are off to Orlando, Florida for the international competition in late April.

Congratulations are also in order for Niki Davidson who placed in the top 15 in her Marketing category.



Smiling in second: Adam Lainey and Trevor O'Hagan, with Tyler De Sousa in the back. Their marketing project to help increase the fan base for the Hamilton Bulldogs garnered them a second place finish, and the opportunity to compete in Orlando, Florida in April.



Helping our International Students

Anyone interested in being a peer tutor and mentor to our international students, please come to seminar room 3.3 at lunch on Tuesday, February 17th. See Rebecca Sibley or Ms. Redfearn for details.

Athletics

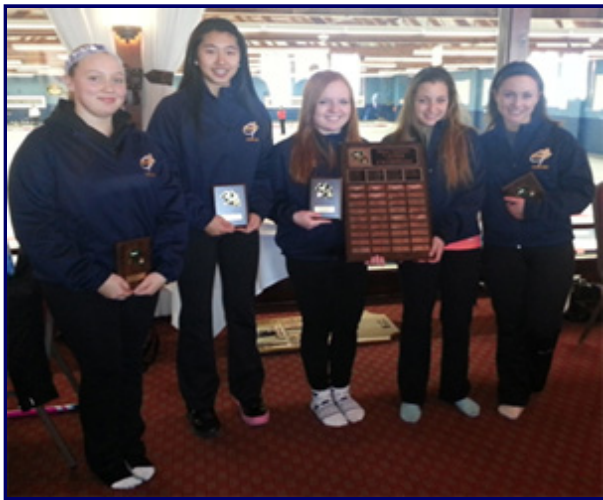
Saints girls curling team celebrate a rock-solid victory at WCSSAA championships

Girls next see action at CWOSSA

By VANESSA WINIARZ

BENN
BOX SCORES

Jr. Girls volleyball
St. Mary's 3, Saints 1
Saints 3, Rockway 0
Saints 3, Msgr. Doyle 1



From left: Nicole La-Belle (Alternating Lead), Sarah Sue-Ping (Alternating Lead), Vanessa Winiarz (Second), Tess Wittmann (Vice), Veronica Reitmeier (Skip).

Sr. Girls volleyball

St. Mary's 3, Saints 0
Saints 3, Rockway 2
Saints 3, Msgr. Doyle 1

Jr. Boys basketball

Resurrection 53, Saints 46
St. Mary's 57, Saints 48

Sr. Boys basketball

Saints 61, Resurrection 58
St. Mary's 85, Saints 55

On Tuesday, February 10, the Bennie's girls curling team played in the WCSSAA finals at Westmount and came out with two straight wins in two consecutive matches. The girls won their first game with a final score of 8–4 against Southwood S.S., and then advanced to the second round of competition against Galt Collegiate (final score: 6–5). The last match was won by a close call between two opposing rocks. Bennie's took the final steal by an extremely close measurement and are now "in it to win it" at CWOSSA in two weeks time!

Congratulations ladies for all the effort and determination you have put into this year's curling season. We are very pleased to have gotten this far in various stages of tournament/game play and look forward to playing our hardest in the next level of competition at CWOSSA.

In January, the girls played their hearts out during the second round of tournament play at the Gore Regional Competition in Kitchener. The girls showed excellent team work, strategy and skill, but unfortunately it wasn't enough to get them through to the provincial round of competition.

The girls wrapped up their regular season of league play with one tie and six straight victories

Thanks goes out to our coaches Ms. Missio and Mr. Reitmeier for their continued support and instruction throughout the season. We couldn't have made it this far without you! Saints Rock!!

Senior girls volleyball

By Mrs. P. Klassen

Congratulations to the senior girls volleyball team who ended their season this week with back to back victories in league play. Following an excellent showing at the Guelph Centennial tournament last Friday, the Senior Saints disposed of Rockway in a dramatic five-set victory on Monday and followed this up with a convincing win again the Mustangs from Doyle on Tuesday.

Junior girls volleyball

By Mr. J. Curtis

The Junior Girls Volleyball team will be playing in the D–8 Semi-Final on Wednesday night after school. After finishing in 2nd place in the league, our Junior Girls Saints have earned the right to host St. David's for a chance to go to the D8 Championship. Come out Wednesday after school and show St. Davids what we're made of!

Floor Hockey

The Grade 11 and 12 three on three Floor Hockey sign ups begin on Friday February 13th. See the poster in the Physical Education hall way for more details. Registration closes on Friday, February 20th.

Junior Boys Rugby

BY MR. A. REITZEL

Junior Boys Rugby is coming back to St. Benedict. All are welcome, practices will begin at the beginning of March. Stay tuned to the BENN and listen to the announcements for more specific details about practice times. If you have any questions, please see Mr. Reitzel up in the science hall.

Stay up to date with District 8 Sports

Now receive sports updates in your email or on your mobile device!

The [District 8 website](#) 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 [following this link](#).

Varsity Badminton

BY MRS. S. REIS-POWER

All Students interested in playing on the Jr. or Sr. Varsity badminton as invited to begin training during lunch on Wednesdays and Fridays beginning February 11 & 17. If you have any questions please visit the Phys. Ed. office or speak with Mrs. Reis-Power. The badminton season will begin late February. Looking forward to another fun season.

Field Lacrosse

BY MR. N. CALHOUN

St. Benedict is now offering the, New and Exciting, Field Lacrosse Club. We are looking for new and experienced students to engage in our countries national summer sport.

"The sport of Lacrosse is an intrinsic part of Canadian culture, tradition and heritage. The recognition of Lacrosse as the National Game for Canada in 1859 is a positive statement of the contributions of the sport to this nation's development. The passing of Bill C-212 by the Government of Canada attests to the enduring nature of the Sport of Lacrosse – Canada's oldest sport. And, we owe it all to the people of the First Nations – and the Creator."

<http://cla.pointstreaksites.com/view/cla/history-229/the-sport-of-lacrosse-4>

The club will offer instruction on basic lacrosse skills as well as competitive skills based on an agreed upon and modified format that will enhance both players of field or box lacrosse.

We will be playing a 7 vs 7 game on a modified field; two attack, two middle field and two defense (not long polls), plus the goal tender. (<http://nllacrosse.ca/>)

At this point we are in talks of attending a friendly tournament in combination with three other schools this coming May. Talks have not occurred as of yet in regards to the number of teams we may bring or whether we will be limited to one team.

As for equipment; club members will be required to have a stick for the first few weeks. Once we begin actual play simulation, all members will require: mouth guards, hockey/lacrosse helmets, hockey/lacrosse gloves, groin protection, cleats, hockey/lacrosse shoulder pads (this is not a confirmed or official list).

We will be looking at spirit wear for this club, which may require students to support the cost of purchase.

We will be holding meetings, Feb 10th and 12th in room 105 at lunch.

Club Instructors: Mr. Calhoun, Mr. Berger, Support – Mr. Paleczny

Phys Ed Ski Trip

BY MR. N. DUFRESNE

All students who have taken or are presently taking a Phys-ed course this year are eligible to go on our annual ski trip. This year we are going to Blue Mountain Ski Club on February 26th. The \$55.00 cost includes return trip by highway motor coach, lift ticket and lesson. Ski, snowboard and helmet rentals are \$15 extra! All students interested must pick up a registration package from the PHE office and have their forms and money submitted by Friday, February 20th. Spaces are limited so don't delay.

Ultimate Intramurals

BY MR. N. DUFRESNE

5-on-5 Co-Ed Ultimate intramurals will begin February 18th in the Gyms at lunch. If you are interested in playing please come down to the PHE office to sign up this week. Teams must be co-ed with at least one girl playing at all times. Individuals can sign up and will be placed on a team. If you have any questions please see either Mr. Betik or Mr. Dufresne.

Clubs

Camera Club

BY MR. J. CURTIS

The Camera Club started meeting again today at the beginning of lunch in Room 216. All registered Skills Canada competitors and anyone who wants to learn how to take better pictures with your camera or smart phone should have attended this very important first meeting of the second semester. If you did not attend but are interested, please see Mr. Curtis in the SAC Office.

Crossfit Club

BY MRS. D. HODGSON

Want to get fitter, faster, and stronger? Crossfit Club for semester 2 is ready to start. All students interested are to attend a brief meeting WED JAN 11 in room 202. Please see Mme Hodgson for further information. Be ready to sweat!!!

Electronic Car Club

BY MR. S. GRANGER

The Electric Car club will be meeting after school Thursday in room 110.

Financial Club

BY MR. A. MILARDOVIC

Formerly known as the *Millionaires Club*, the Finance Club is being rebranded to better reflect what we offer to students. Are you familiar with how to handle money? Do you know about earning, saving, spending, and investing? What do you know about student loans and tax breaks for students?

We will be meeting Wednesdays this semester in room 214. Topics to be discussed at individual sessions will be posted on the website so that you can plan whether or not you wish to attend. Bring your lunch, and bring a friend!

If you want to recommend a topic that you want to see discussed, please feel free to [email Mr. Milardovic](#).

Fresh Club

BY MRS. R. CURRIE

The fresh club is now up and running for second semester, and open to anyone! Please join us Friday at lunch in room 307 as we plan some upcoming events and activism.

Programmers Club

BY MR. A. MILARDOVIC

The programmers club will be Fridays again this semester, but has moved to room 214. Students who are experienced programmers or are looking to see what programming is all about are invited to drop in and see.

Students who have taken the ICS programming courses and are interested in writing the UW Computer Contest on Wednesday, February 18, or want to be a part of the school's ECOO programming teams (contest in late March) must attend or speak to [Mr. Milardovic](#) ASAP.

Puzzles Club

BY MR. A. MILARDOVIC

Do you like doing puzzles? The puzzles club meets Thursdays in room 214. We have puzzle books, as well as rubik's cubes and other manipulatives to challenge your mental muscle... bring your lunch, drop in, and bring a friend!

Seams Sew Easy

BY MRS. E. MISSIO

Are you interested in learning how to sew? If you are, then come learn how to make pyjama bottoms at the Seams Sew Easy club. We have patterns that you can use. If you don't get a chance to pick up your own fabric. We have some available for \$6. To sign up come to room 217 after school on Thursday. See Mrs. Missio or Mrs. Kloiber if you have any questions.

The United Cultures Club: All are Welcome!

BY MS. M. REDFEARN

In the United Cultures Club, we believe that taking the time to learn about the different cultures that exist in our school community is an essential part of education. In this club we do our best to celebrate different cultures in the school by participating in school activities, organizing culture days, and giving back to the community and to students in need in other countries.

Last semester our club took part in the first team art battle of the year. We created a piece that showcased different landmarks from different parts of the world under the same sun to emphasize that

we all walk in this world together.



We also organized an international food day in November. Many members of our club brought in food from their country to share with the school. The event was a great success. The money we raised went to help support the St. Benedict school crisis fund, the stockings for Africa Christmas drive, and to an organization called Mom2Mom Africa that helps students and families in Tanzania, Africa experience a better education. We plan to continue to support Mom2Mom Africa



this semester through future projects and activities in the school. For more information about this organization, you can visit their website at <http://www.mom2momafrica.ca/>.

Our club has also created posters that say “hello” in different languages to welcome all members of our school and to emphasize that we are a multicultural community.

Anyone who is interested in learning about different cultures, please consider joining The United Cultures Club second semester. We meet on Fridays at lunch in room 323. This could be a great opportunity to make friends from all over the world without leaving Canada! Our next project will focus on preparing activities and decorations for a Chinese New Year’s celebration. The more the merrier!

Student Activities

New Semester Resolutions

By NYAWUOR MALEK, SAC

As we embark on a new semester, we throw away our old bad habits and embrace a fresh start. This is a list of new semester resolutions we can all benefit from this semester.

First, you should pick up prioritizing your different responsibilities. Make a list of all the tasks you need to have done. Once you have a list, categorize your tasks in order of importance, and complete them in that order. Prioritizing is key when looking at getting the most value out of your work.

Another resolution is to improve on your time management skills. Delegate an allotted amount of time to do each activity. By doing this, you schedule enough time to finish your tasks, instead of procrastinating and leaving things last minute. Time management skills are important to have in order to feel accomplished and be less stressed.



The third resolution you should adapt to is leaving time for relaxing. Whether it is by reading a book, or listening to your favourite new artist, find something that would make you feel relaxed and at ease. Having time to relax gives your mind and body the time to energize and recharge—making you a better you!

You should also have more exposure to different activities. Take the time to try new experiences, have new adventures and make new memories.

In addition, you can also join a new sport. Whether you have been playing Badminton for years, or have never tried Ultimate Frisbee, go to the tryouts. By joining a new sport you are making yourself healthier through physical activity and having fun while doing it.

Also, you can enrich yourself with the arts. Go hear the musical talent Bennies has to offer at the upcoming Coffee House with a couple of friends. Show off your own talent and audition for the next Coffee House in April. Participate in the Art Battle. Even watch this year's Sears play "Split". Deepen your relationship with your artistic and creative side through partaking and contributing to the arts at Bennies.

Lastly, the sixth solution you should definitely take part in is making new friends. Whether you are a grade 9 student or a grade 12 student, you will always encounter new people and have countless opportunities to meet and befriend new people. Making new friends is an amazing chance to fill your life with people that make you happy!

By following these six new semester resolutions, your second semester should be the greatest one yet!

The Arts

Other News



TUESDAY NIGHT TOGETHER
February 24, 2015

6:00 pm Supper
BBQ Chicken

7:00 pm MOVIE, popcorn!
8:30 pm conclusion

Sign Up on our website!

KIDS TRACK FOR JK - GRADE 6!

Cost: \$10 per meal, \$40 max per family.

The poster features a blue sky background with a clapperboard, a film reel, and three cartoon children sitting in red movie chairs. The text is in various colors and fonts, including red, yellow, and white.

Upcoming Events

Thursday, February 12

8:05am Semester 1 Report Cards Distributed
10:45am Lost Club
10:45am Puzzles club
10:45am Making a Difference Club
2:10pm Games Club
2:15pm Girls Workout Club
2:15pm Math Club
2:15pm Electronic Car club
2:20pm Jazz Band

Friday, February 13

10:45am Star Trek Club
10:45am Programmers club
10:45am United Cultures
10:45am Fresh Club
2:15pm Doctor Who Video Club
Star Trek club

Saturday, February 14

♥ Valentine's Day ♥

Monday, February 16

Family Day Holiday

Tuesday, February 17

8:00am International Auto Show
8:00am Graphic Arts & Design
10:45am Arts Council meeting
10:45am DECA Business Club
10:45am Robotics Team
2:15pm Fitness Club
Shrove (Pancake) Tuesday

Wednesday, February 18

10:45am Lost Club
10:45am Financial Club
10:45am Camera club
2:15pm Fitness Club
2:25pm Yearbook Club
Ash Wednesday

Thursday, February 19

8:00am Graphic Arts & Design
8:00am Smart Serve Training
8:00am Computer Programming Training
8:00am Specialized Care: Dementia Training
10:45am Lost Club
10:45am Puzzles club
10:45am Making a Difference Club
2:10pm Games Club
2:15pm Girls Workout Club
2:15pm Math Club
2:20pm Jazz Band

Friday, February 20

10:45am Star Trek Club
10:45am Programmers club
10:45am United Cultures
10:45am Fresh Club
2:15pm Doctor Who Video Club
Star Trek club

Monday, February 23

10:45am Benny's Press Team meeting
10:45am Because I Am Girl

Wednesday, February 25

8:00am ICT Zoom Career Day
8:00am Electrical Safety & Confined Space Training
10:45am Lost Club
10:45am Financial Club
10:45am Camera club
2:15pm Fitness Club
2:25pm Yearbook Club

Thursday, February 26

10:45am Lost Club
10:45am Puzzles club
10:45am Making a Difference Club
2:10pm Games Club
2:15pm Girls Workout Club
2:15pm Math Club
2:20pm Jazz Band
7:00pm School Council

Friday, February 27

Professional Activity Day

Did you know?

There are now over 1,300 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.

Keep up with what's happening at St. Benedict's using your cell phone



2:15pm Fitness Club
2:20pm Concert Band

Tuesday, February 24

8:00am Self Defense Training
10:45am Arts Council meeting
10:45am Robotics Team
2:15pm Fitness Club

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.

