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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](#).

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Next Issue

May 13, 2015

Welcome to the 150th issue of the BENN Newsletter!

Next week is *Catholic Education Week*, and plans for the week are still being finalized. We were hoping to present you with the calendar here, as they days are packed with many great activities and events to help celebrate who we are as a people of faith, and at St. Benedict's specifically as a *celebration of people*. Check out the special page to be set up on our website over the next few days to see all the fantastic events going on at Bennie's.

– Editor

Administrative

St. Benedict's Community Embraces Mental Health Week

May 4 to May 8, 2015

BY MRS. W. SCHUSTER

Next week, as our school celebrates Catholic Education Week there will also be a focus on mental health. The week of May 4th to 8th is also Canadian Mental Health Week. We are blessed with an incredible team of students who have embraced this critical topic and have prepared a week of activities, information and awareness. The team's leader, Nyawuor Malek, has embraced this initiative

with a clear vision and determination. These students have spent months planning and preparing for the week. They are creative, resourceful and talented. I want to thank each member of the team for the incredible experience of working with them to bring this initiative to life. The group members include: Madi Kerr, Madison Brook, Monica Thepsouvanh, Kristine Suarez, Chloe Macikunas, Luana Costa, Sophia Westrop, Christina Vogiatzis, Danny Cheng, Barry Rastrullo, T.J. Cowen, Lorena Bonachuck, and Chris Fuellos.

Our team is also thankful for the support of the St. Benedict's administration team, Sandra Ayerst, our school social worker, and the amazing SBTV team.

The current mental health statistics are staggering; one in five young Canadians will be affected by a mental health illness at least once in their lifetime. The on-going stigma associated with mental health illnesses often prevents young people from REACHING OUT to someone.

... current mental health statistics are staggering; one in five young Canadians will be affected by a mental health illness at least once in their lifetime.

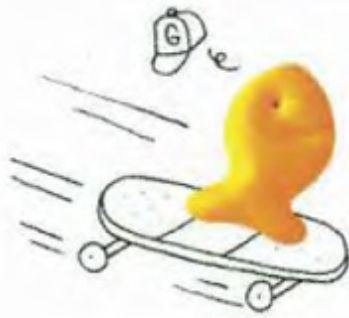
As parents and caregivers, we have a vital role in supporting our children. As the business of life continues around us, it is understandable that we may not recognize the subtle changes in our children's mood, thinking or behaviour. Below, you will find a list of valuable web sites. These websites provide current and accurate information on the topic of mental health. We have also attached our school wide schedule of events for the week. It is the hope of our team that the St. Benedict community embraces this week because our mental health matters #ReachOut

<http://www.cmha.ca/>

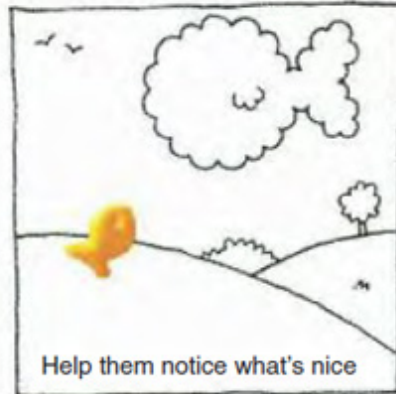
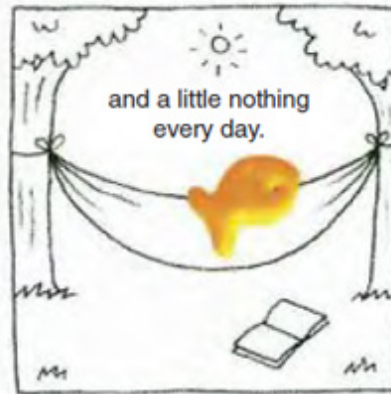
<http://letstalk.bell.ca/en/end-the-stigma/>

<http://events.kidshelpphone.ca/flipbooks/TipSheets/mental%20health%20-%20Adult%20tipsheet%20ENG.pdf>

<http://letstalk.bell.ca/static/downloads/gethelp/en/children-and-depression.pdf>



Make sure they do a little something every day



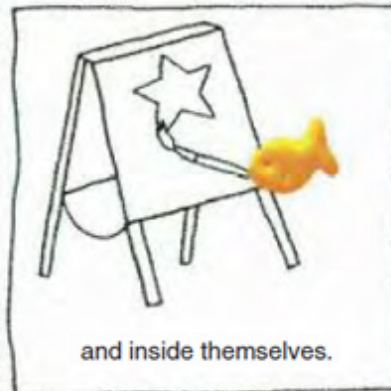
Help them notice what's nice



and to deal with what's not.



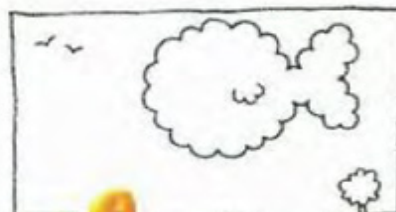
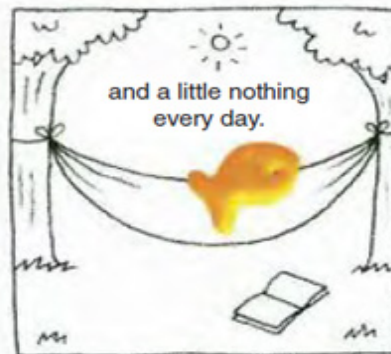
Encourage them to look outside themselves

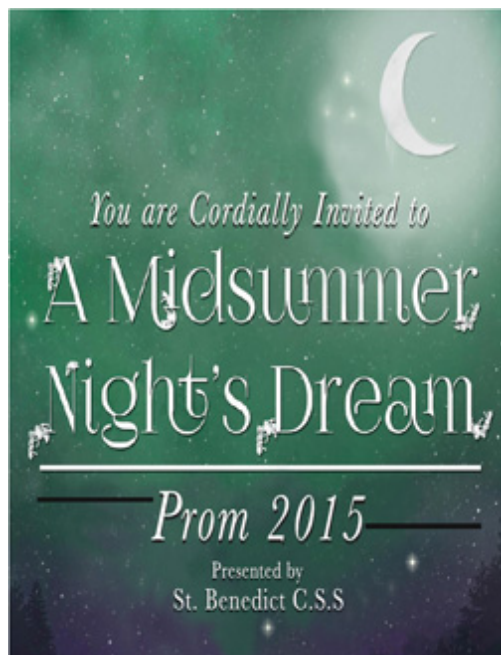
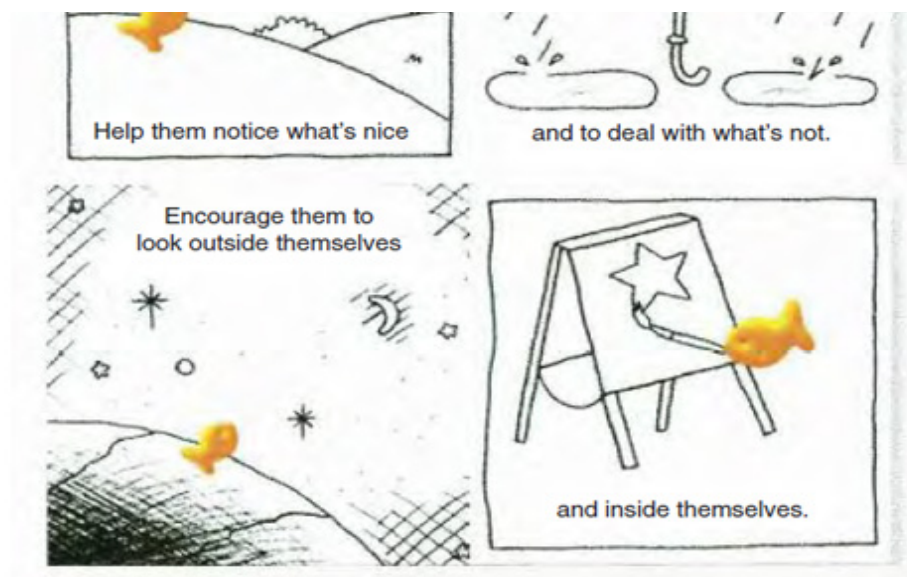


and inside themselves.



Make sure they do a little something every day





Prom Tickets on Sale Monday!

By MR. J. CURTIS

Tickets for this year's Prom "A Midsummer Night's Dream" at Hacienda Sarria in Kitchener will be on sale for St. Benedict Grade 12 students only starting Monday, May 4th. Students must present photo ID and their signed parent letter to purchase a Prom ticket. Tickets are \$50.00 each.

Students wishing to sign-in any student from another grade or another school will be able to purchase tickets the following week from May 11th to May 15th. Sign-in contracts will be available when purchasing tickets during the first week of sales.

Any questions about prom tickets or to get a copy of the parent letter, please contact the SAC Office.

News from the Guidance Department

By MR. M. AMBEAU

Attention Grade 12 Students Planning to Attend Graduation in June!!

1. The Graduation ceremony is scheduled for Wednesday, June 24 at Kinsmen Arena located beside the Kitchener Auditorium. Forms and money are due by Monday May 4th, 2015. (\$75 CASH ONLY)
2. Completion of your Community Service Hours (minimum of 40) is required if you are planning to attend the Graduation ceremony in June. All Grade 12 students who have not yet completed and handed in their hours are reminded to do so as soon as possible. This task needs to be completed by Friday, May 29.

OSAP (Ontario Student Assistance Program) Presentation

A staff person from the Financial Aid Office at Conestoga College will be visiting our school on Friday, May 1st to present information to grade 12 students regarding the process for applying to OSAP. Although the presenter is from Conestoga College, the information will be relevant for any Grade 12 student who is pursuing post-secondary education at either college or university. The presentation will be held in the Lecture hall during lunch. Details regarding sign up will follow on the announcements at school.

Summer School

St. Louis Adult education is now offering new credit classes for grade 11 and 12 students. Classes will be offered at the main campus in Kitchener (80 Young street) and run from July 2 to 24 8:30 to 3. For more information check out the St. Louis link on our board web page (www.wcdsb.ca) Registration is now open.

Summer school information for the public board is now available in guidance, all summer school programs are run by the Waterloo Region District School Board, but are available for our students to attend as well. Summer School traditionally offers two types of courses – make up courses for students who were unsuccessful in their first attempt of the course, as well as new credit courses. Both types of courses run for approximately 4 weeks (July 2 to 24, with make up courses being taught in either the morning or the afternoon (8:30 to 11:30 or 12 pm to 3:00) and new credit courses being taught over the entire school day. Information regarding summer school will be shared via the BENN, announcements and twitter as soon as it becomes available.

The Women in Skilled Trades (WIST)

General Carpentry Program starts on September 14, 2015!

This FREE program is a 38 week certificate program that offers 28 weeks of in school, hands-on training with a ten (10) week work placement. The curriculum provides the student with Basic Level apprenticeship training, and also provides additional skills designed to increase the student's general level of knowledge about the construction and renovations.

Jill of All Trades – A Day for Women

Conestoga College will be hosting an event on Wednesday, June 3, 2015 for female students who would like to learn more about potential careers for women in the skilled trades. The event will include an array of workshops led by female mentors. Additional highlights include information booths, tours of the Conestoga College facilities, guest speakers and a keynote address by Danielle Bryk, star of HGTV's, The Bryk House. This amazing event is FREE of CHARGE and includes lunch as well as transportation to and from Conestoga College. Please see your guidance counsellor if you are interested in attending.

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

1. Cambridge Youth Soccer Requires Volunteer Coaches for 2015: Look for coaches for both boys and girls teams ranging from 3 to 18 years old. Please see guidance for an application package.
2. Cambridge Ribfest 2015: the event runs from August 7th to the 9th at Riverside Park. You are able to register online at

OSAP PRESENTATION

Friday, May 1st, 2015

**LUNCH hour : bring your lunch
Lecture hall**

A representative from Conestoga Financial Aid office will be available to answer questions about OSAP and describe the

Summer Employment

1. McCarthy's is looking to hire over 200 students for summer employment. Please stop by guidance for an application, these are due no later than June 12th by 12pm. If you have any questions please see Mr. Ambeau in guidance.

The BENN Poll

This poll is closed.

NHL Playoffs

Are you happy with the NHL playoffs so far?

So far so good... my team is still in!	4
Not happy... my team was eliminated	2
My team didn't even make the playoffs, so I don't care	3
I'm a Leafs fan, I have no expectations	3

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](#).

Stephen Budgell takes 1st place at Skills

BY MRS. L. O'NEILL

St. Benedict culinary student Stephen Budgell took 1st place at the qualifying Culinary competition recently. Stephen will now move on to the Provincial Skills competition on May 5th at RIM Park. He will be one of 20 competitors from across the province.

It takes a lot of dedication to move onto the Provincial Culinary Competition and we have had very few from our school make this journey. Stephen has been working on practicing the menu whenever he can. Mr. Calhoun has helped him in class and Mr. Hodgins (a teacher candidate in Mr. Calhoun's class) has been putting him through his paces as well. I'm sure that practicing his skills at his part-time job in a kitchen have helped as well.



By MRS. R. CURRIE

Dr. Troy Vasiga from the University of Waterloo and his coop student Sachin Kotecha paid a visit and spent some time in one of our math classes last week. They spent the period working through some really interesting and challenging problems with us, and giving us some great strategies for tackling tough questions and contests! The students were really into it and got a taste of what it was like to learn math from a university professor!

Good Luck at Provincials Stephen!!

Students get a taste of university math problems



Science Team news

By MISS S. SKINN

The science team is at it again this year and we're gearing up for the upcoming science olympic events. The science olympics are held at the University of Guelph and the University of Western Ontario in May. For these competitions students are required to demonstrate understanding of science concepts and skills, this includes everything from completing a dissection, carrying out chemical reactions for analysis, building bridges and designing Rube Goldberg machines. Currently 38 students are busy preparing and studying to get ready for junior and senior competition – wish us luck!

Science is also offering contests open to senior science students in each of the 3 areas:

- Sir Isaac Newton contest from the University of Waterloo will be held May 7, and students should contact Mr. Fratarcangeli for more information.
- Avogadro (grade 11's) and Chem13 (grade 12) contests from the University of Waterloo will be held May 21 and May 14, and student should contact Ms. Skinn for more information
- Biocomp from the University of Toronto will be held April 30, and students should contact Mr. Bailey for more information.

These contests are open to grade 11 and 12 students around the country and some are open worldwide! In addition to the top prize for best score overall, prizes are awarded for the top scores at each school from the universities.

Athletics

Badminton season ends with CWOSSA

By MRS. S. REIS



Congratulations to Ashleigh Brimo, Kayla Leusink, Spencer Stein and John Roxas for representing SBCSS at the CWOSSA tournament. Your support toward one another, and your gentle style of play did not go unnoticed. Thank you for committing your time, building relationships and devoting so many years towards the badminton program at SBCSS. You will all be missed. Thank you again!!

Resurrection 1, Saints 0

Sr. Boys soccer

Resurrection 5, Saints 1

Boys Rugby update

BY MR. J. MEYER

The junior boys rugby team opened the season against an experienced Waterloo–Oxford team. Our team jumped out to an early 10 – 0 lead, but unfortunately lost on the last play of the game. Tries were scored by Ethan Safar and Cooper Duncan.

In game 2, the boys played Preston in an all–Cambridge extravaganza. Again, the boys held a lead going into the dying minutes, but lost on a last minute score by Preston. Our try scorer was Jaxon Littlejohn and the conversion was made by Marco Murillo.

The boys finally saw victory in their game last Thursday, beating the team from Cameron Heights. The Saints walloped the Gaels and shut them out 48–0. Tries were scored by Nick Stainsby, Avery O'Hare, Nick Ceazarini, Graham Sheppard, Nick Mcarther, Marco Murillo, and Brayden Sullivan. Marco Murillo also scored 4 subsequent conversions.

This Thursday the team will take on Grand River. Wish them luck!

Track and Field Update

BY MR. F. WITTMANN

This year's version of the Bennie's Track and Field Team is 73 members strong. Despite cold, rain, wind, and hail, the team practices every day. Even on a Friday (last week) many members came out and improved their skill and fitness, under the tutelage of many coaches: Ms Stang, Mr. Martinello, Mr. O'Connor, Mr. Wittmann, parent Ms Webb, alumnus Dan McArthur, and veteran jumper Augustine Soga. Good luck at Track Wars this week!

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 [following this link](#).

Looking for something fun and exciting to do this summer?

St. Benedict Basketball Camps 2015

July 6 to July 10
For Boys & Girls
Entering Grades 1 - 9



Reversible camp jersey for each camper
Certificate of achievement
Coaches' individual evaluation
Age-specific drills and fundamentals to take home
Individual and team competitions
Elite sessions for more advanced players
University level guest coaches
Awards and prizes
Early-bird speed and agility sessions
Special guest lecturers and much more!

Age Specific Divisions

Jr. Saints (Entering Gr. 1-3):

8am-10am

Semi Pro Division (Entering Gr. 4-6):

10:30am-4pm

Pro Division (Entering Gr. 7-9):

10:30am-4pm

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

Students walk against violence

By MRS. C. KOT

Twenty students from our school participated in the Walk to end violence against women and children on April 23. Despite the cold weather, our students were exuberant participants, participating fully in the rally cries for the whole walk. They also raised an amazing \$644.00 in total for the Native Women's Association of Canada.



Student Activities

We have a SAC FAQs Blog!

By NYAWUOR MALEK

Bennies Student Activities Council provides information to students in various ways in order to keep the community informed on what's going on around the school. Our main means of communication include Twitter, Instagram, the Remind 101 App, and newly introducing: the Frequently Asked Questions Blog!

Are you interested in leading Student Council next year?

If so, application packages for Co- President are available in the SAC Office starting today. Any student in good academic standing with previous leadership experience is encouraged to consider running for Co- President. Application packages must be submitted to Mr. Curtis by Friday, May 1st in order to be eligible to run in the Co-President election on May 15th.

The FAQs Blog is a place to find answers to questions SAC members are commonly asked. The posts offer insight and clear up some misconceptions on SAC queries. Questions such as 'Why aren't there more civvies days?' and 'How does a spirit day happen?' are debunked.

The blog also contains important details for upcoming events, such as The Road Hockey Tournament happening Wednesday May 6th and this year's Midsummer Night's Dream themed Prom.

Visit the webpage today to find out answers to some of Bennies most frequently asked questions! www.sacupdates.tumblr.com

Speaking of prom....

By BRIANNA TAYLOR

Hey girls! Going through the whole prom experience I think we can all agree on the fact that it is getting pretty expensive. Many do not have to stress about the expenses, however we are aware that there are individuals who are stressed about all the expenses considering a dress, accessories, the ticket, etc.

I have spoken to Mrs. Temple and Mr. Witt and have decided to donate some of my dresses which I no longer wear along with any accessories that I don't use to those girls who can benefit from them and who deserve to be as excited for prom as we, who already have dresses, are. I am calling on other girls who are fortunate to have extra dresses or accessories that they don't wear anymore to consider donating them. The more we can collect, the better.

That being said, if you or anyone you know has a dress or even accessories that would be suitable to donate it would be appreciated. You can either get in touch with me, or you can give them to admin yourself! Thank you for your consideration!



The Arts

Calling all artists!

By Ms. A. WEILER

Get your team together for the final team art battle of the year.

All teams must be at a mandatory meeting to sign up for, get info and prepare for next week's grand finale....artists will be working with a theme and can work in any medium (hair/makeup teams, food teams, paint mediums, sculpture and so on).

Meeting takes place this Thursday at the start of lunch in room 112. See Ms Weiler or Ms Fernandes for more details.

Just Dance!

By Mrs. M. ROCHA

ATTENTION DANCERS! The famous Bennies dance showcase is almost here! 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

Thinking of being your own boss this summer?

The deadline for applying to Summer Company is almost here. Students have until May 8th to submit an application to this program.

Summer Company is a Government of Ontario program that gives students, age 15 – 29, the opportunity to start and run their own business. Along with mentoring and training, students also receive up to a \$3000 grant. For more information or to apply, visit:

www.waterlooregionsmallbusiness.ca/summercompany

Also, check out last year's student Summer Company experiences:

- Will McIntyre, The Williamson Smokehouse: https://www.youtube.com/watch?v=P9U_Y5JMKYg
- Ben McFadgen, Captain Sail Photography: <https://www.youtube.com/watch?v=yxcxo1i7qYY>
- Karley George, Dreamlight Drama Production: <https://www.youtube.com/watch?v=3cUJok1tOOI>

If you have any questions, please do not hesitate to contact Rob Clement, Program Coordinator at 519.741.2200 ext. 7986 or rob.clement@kitchener.ca

Relay for Life

The Relay for life will be held in Cambridge on Friday, June 5 at St. Benedict from 6:00pm until midnight. Members of the Cambridge city event will be here with a table in the atrium shortly to answer questions and to register teams. Please pass this information along to students and any family and friends interested. Here is the link to the Cambridge page: http://convio.cancer.ca/site/TR?fr_id=17706&pg=entry&s_locale=en_CA

If you need help registering, contact Ashley Culp, 519-886-8888 ext.3145, aculp@ontario.cancer.ca

St. Benedict staff ace trivia

By MR. F. WITTMANN

The St. Benedict staff entered a team in the Rotary Club Trivia Challenge earlier in April and tied Dunbar Family Practice for first place out of 18 teams. Congratulations to John Curtis, Linda Pieper, Frank and Denise Wittmann, Andrew Reitzel, Melissa Redfearn, Lennie Bumbacco, and Damir Vrabec.

The team, aptly named "B Kind", came from behind through 4 rounds, correctly answering 73 out of 100 questions, such as: Which month in the song "Calendar Girl" referred to a girl's sweet sixteen birthday? (September) What was the score of Superbowl 2015? (28 to 24) What does BRIC stand for? (Brazil, Russia, India, China)

The Bennie's team was a balance of teachers from all disciplines and the Rotary event was truly a "celebration of people" helping the many worthwhile Rotary causes.





Share your volunteer experience. Earn volunteer hours. Becoming an official *ChangeTheWorld* Reporter!

If you are a high school aged youth who participated in *ChangeTheWorld* by volunteering between April 12th and May 24th you are encouraged to write an article about the event or initiative and your own involvement!

Who or what was the event supporting? What motivates you to volunteer? Why do you think volunteering as a youth is important?

Through this position, you will receive:

- Volunteer hours for your contribution
- A *ChangeTheWorld* recognition certificate
- A reference letter for future volunteer or employment opportunities
- The opportunity to develop your skills in writing and journalism and to have your writing published

Your article will be used for ChangeTheWorld marketing purposes and for the promotion of youth volunteerism!

Want to write an article but haven't volunteered yet with *ChangeTheWorld*? Check out how you can get involved by going to the Youth Events page under Volunteer Centre at uwcambbridge.on.ca

For more information about this position, please contact:

Kierra Young, Youth Engagement Coordinator
United Way of Cambridge and North Dumfries
(519) 621-1030 x 226 |
kierra@uwcambbridge.on.ca



Upcoming Events

Wednesday, April 29
2:25pm Yearbook Club
BENN Newsletter release

Thursday, April 30
8:00am Progress 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
2:20pm Jazz Band
3:45pm Jr Boys Rugby @ GRCI

Tuesday, May 12
8:00am Suicide prevention training
10:45am Arts Council meeting
10:45am Robotics Team
2:15pm Fitness Club
Co-presidents' Campaign week

Wednesday, May 13
7:50am Track and Field: District 8
8:00am Coaching Training
10:45am Lost Club
10:45am Financial Club
10:45am Camera club
2:15pm Fitness Club

Friday, May 1

8:00am Track and Field: Track Wars
 10:45am Star Trek Club
 10:45am Programmers club
 10:45am United Cultures
 10:45am Fresh Club
 10:45am OSAP Presentation
 2:15pm Doctor Who Video Club

Monday, May 4

10:45am Benny's Press Team meeting
 10:45am Because I Am Girl
 1:30pm Sr Boys soccer vs Monsignor Doyle
 1:30pm Varsity Girls soccer vs Monsignor Doyle
 2:15pm Fitness Club
 2:20pm Concert Band
 Catholic Education Week

Tuesday, May 5

8:00am Counterfeit detection
 10:45am Arts Council meeting
 10:45am Robotics Team
 2:15pm Fitness Club
 3:15pm Jr Boys Rugby vs SJAM
 Catholic Education Week

Wednesday, May 6

10:45am Lost Club
 10:45am Financial Club
 10:45am Camera club
 2:15pm Fitness Club
 2:25pm Yearbook Club
 3:00pm SAC Road Hockey Tournament
 3:00pm Varsity Girls soccer vs St. David
 4:30pm Sr Boys soccer @ St. David
 Full school Mass
 Catholic Education Week

Thursday, May 7

8:00am Photography Training
 10:45am Lost Club
 10:45am Puzzles club
 10:45am Making a Difference Club
 2:00pm Track and Field: Maxi meet #2
 2:10pm Games Club
 2:15pm Girls Workout Club
 2:15pm Math Club
 2:20pm Jazz Band
 7:00pm School Council
 Catholic Education Week

Friday, May 8

10:45am Star Trek Club
 10:45am Programmers club
 10:45am United Cultures
 10:45am Fresh Club
 2:15pm Doctor Who Video Club
 4:30pm Jr Boys Rugby @ WCI
 Catholic Education Week

Sunday, May 10

Mothers' Day

Monday, May 11

10:45am Benny's Press Team meeting
 10:45am Because I Am Girl
 2:15pm Fitness Club
 2:15pm Sr Boys soccer vs St. Mary's
 2:20pm Concert Band

2:25pm Yearbook Club
 Co-presidents' Campaign week
 BENN Newsletter release

Thursday, May 14

7:50am Track and Field: District 8
 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
 Co-presidents' Campaign week

Friday, May 15

10:45am Star Trek Club
 10:45am Programmers club
 10:45am United Cultures
 10:45am Fresh Club
 2:15pm Doctor Who Video Club
 Co-presidents' Campaign week

Did you know?

There are 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



Visit stbenedict.wcdsb.ca/calendar.php from your cell phone.

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.

