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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 27, 2015

# What do Catholic Education and Mental Health have in common?

ANSWER: The weeks to celebrate both coincided this year. Last week was an even larger hubbub of activity here at St. Benedict as we celebrated both Catholic Education Week and Mental Health Awareness Week. The staff and students of St. Benedict intertwined the two themes faithfully, respectfully, and beautifully.

I make no secret about the fact that *I love this place*. I love that we have conversations that are sometimes difficult, but often necessary. I love that we provide a safe haven for those who are struggling on so many levels. I love the support we get from outside agencies as we try to arm our students with tools they need to survey in today's world. And perhaps most importantly I love the parental support.

There were activities abound for staff and students last week. We truly celebrated being a people of faith. We celebrated, and we reassured those who are struggling that they need not struggle alone.

I remember being a beginning teacher many years ago, and I remember the helping hands. The teachers, secretaries, custodians, and students. We help each other. We don't do it for praise or acknowledgement, we do it because *it's the right thing to do*. I hope your son or daughter has caught that spirit while here at Bennie's. Because that's what the St. Benedict community is all about: we work together to be the *heart of the community: success for each – a place for all*.

And that's truly worth celebrating.

– Editor

## Administrative

# Catholic Education Week: Exploring Paths of Joy

BY MRS. L. TEMPLE

What a tremendous week we had last week! We are so proud of our entire Catholic Community for your participation in the variety of events last week. Mental Health was highlighted, our International Students shone, our students who went to the Dominican prepared a great presentation and then our wonderful mass and memorial garden blessing truly celebrated who we are as a Catholic community.

Special thanks to the Pastoral Team for all of their efforts with mass, the garden and organizing the week; to Wendy Schuster and her team, wow—thanks for highlighting Mental Health in such a dignified way; to Melissa R for her idea and leadership with the International Games Day; to Amanda for organizing two presentations this week; to Bob for handling Sister Miriam's visit and the mass; and finally to Rosie (leading the charge of the positive school culture team) for starting our days off with some fun!

## News from the Guidance Department

BY MR. M. AMBEAU

### What is Specialist High Skills Major (SHSM)?

The Specialist High Skills Major (SHSM) is a Ministry approved program that encourages students to focus their education on a specific employment sector.

Components include:

1. A bundle of courses related to a major
2. Co-op experience in an area of interest
3. Industry-recognized certifications related to the employment sector

Students who successfully complete all components of the program earn a Specialist High Skills Major (Red Seal) designation on their Diploma.

### Why get involved?

No matter which path you follow after high school, you will have a better idea of your direction and future career choice when graduating with a SHSM Red Seal. You will:

- understand how and why your classes apply to your future career
- obtain training and certifications from experienced industry staff (e.g. First Aid & CPR)
- learn on-the-job skills during a co-op placement
- gain experience in your field of interest

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

Arts & Culture • Business  
Construction • Energy  
Environment • Health & Wellness  
Hospitality & Tourism  
Information & Communications  
Justice & Community Safety  
Manufacturing • Transportation

### How and when to get involved:

Experiences start in Grade 11 or 12. Now is the time to sign up and get involved! Deadline to sign up is October 30. Sign up forms are available in the Guidance Office. More information can be found online at [www.highskills.ca](http://www.highskills.ca).

## St. Benedict Family of Schools Parent Survey

Please find below the links to the St. Benedict Family of Schools Parent Survey. Please take a few moments to respond via your mobile device or computer. If you prefer, paper copies of the survey are available in the main office at St. Benedict C.S.S.

Thank you for your continued support of St. Benedict C.S.S.!

- ▶ [mobile version of on-line survey](#)
- ▶ [computer version of on-line survey](#)

# School Cash Online Survey

## Payments for School Items / Trips

As of April 2015, all schools in the Waterloo Catholic District School Board (WCDSB) use School Cash Online.

School Cash Online offers parents the convenience of making online payments for their child/children's field trips, pizza days, milk program, agendas, yearbook, spirit wear, donations, school fundraising etc. This will help remove cash from schools and provide a convenient way for parents to pay for school-related items. School Cash Online allows for parents to maintain an electronic receipt history for items purchased. It provides parents with more flexibility and control over how they distribute payments to the school.

WCDSB is reviewing additional payment methods for School Cash Online and is looking for parent feedback. Currently parents are offered 2 methods of payment: eCheque and My Wallet.

### ECheque

An eCheque is an electronic funds transfer that withdraws money directly from your bank account. It is just like writing a cheque, only it is done electronically. When you send money with an eCheque, the transaction will be held as pending until the electronic funds have cleared your bank.

School Cash Online does not store your eCheque details for security reasons. Therefore, parents must enter the information every time they checkout.

### My Wallet

Parents deposit a sum of money into "My Wallet" on the School Cash Online website. You will be able to draw down on the preloaded funds to pay for student items and check out. It takes seven business days to load "My Wallet" and use the funds to purchase items. Funds transferred into "My Wallet" do not expire and remain available for purchases until funds are fully drawn down.

Take the Survey about Paying for School Items online by [clicking here](#).

To go to WCDSB School Cash Online, follow the link at the top of our school website, or [click here](#).

## Breakfast program kicks it up a notch Friday

By MRS. W. SCHUSTER

If you find yourself a little hungry this Friday morning, why not join us in room 107 for breakfast? Ms. Trentini, Mrs. Klassen and Ms. Schuster are known to serve up some yummy dishes.

This week's menu is pancakes with syrup and warm mixed berry sauce. Doors open at 7:20. Please join us.

## Academics

### Enriching the Lives of Students

By MRS. D. WITTMANN

Visit the Enrichment blog for interesting articles, enrichment Links, school



### COMM Corner

By MRS. D. WITTMANN

Visit the English blog for information regarding our English programs, Literacy, interesting

## St. Benedict Students Finalists in International Business Competition

BY MRS. C. RATZ

Three students from St. Benedict Catholic Secondary School have proven they are among the best business students in North America. Tyler DeSousa, Adam Lainey and Trevor O'Hagan travelled to Orlando, Florida from April 23 to 30 to represent St. Benedict and Ontario at DECA's International Career Development Conference.

The team of three competed in the Sports and Entertainment Operations Research Marketing competition. The event required conducting research and creating a marketing plan to target an underserved generation for a sports or entertainment business. The students chose the Hamilton Bulldogs as the basis of their campaign and created a marketing plan, report and presentation to attract more Millennials to the games.

Team DeSousa, Lainey, and O'Hagan placed 2nd overall at the DECA Ontario Provincial competition in February, qualifying them for the international competition in Orlando. In Orlando, the young men faced tough competition from not only Ontario but all 50 United States, a competition that draws in excess of 10,000 high school competitors. DeSousa, Lainey and O'Hagan placed in the top 10 of their category, a feat not easily achieved. St. Benedict Catholic Secondary School is very proud of their accomplishment and look forward to another DECA competition year with these students as they enter grade 12.



**ROCKIN' IT IN THE LIBRARY:** Members of the guitar class grabbed the instruments in the Clemens Mills Branch of the Cambridge Libraries and put on a show.

## Our Nation's Capital - A Musical Experience!!

BY MRS. J. RODRIGUES

From Monday, May 4th to Wednesday, May 6th, the Concert Band and Jazz Band at St. Benedict's went on a trip to our nation's capital, Ottawa. The group spent their time having fun sightseeing and most importantly showing off their skills by playing a concert at Rideau Place On-the-River.





Highlights of the trip included visiting Parliament, sitting in on a Parliamentary debate, going on a haunted ghost walk, visiting the Byward Market and Rideau Hall.

At the end of the trip the students were disappointed that the trip was over but they came back enriched with new experiences and friends and exciting memories that will last a lifetime.



## Athletics

# BREAKING NEWS

## New D8 Record set by St. Benedict student

BY BENN STAFF

Just as we were going to send out today's issue of the *BENN*, a tweet came up on the school account. The Record reporter Mark Bryson sent out the following tweet:

It's a new @D8Athletics midget girls shot put record for Nana-Afia Agyeipah of @StBenedictCSS

We will get the details for the next issue of the *BENN*. In the meantime, follow our Twitter account for more details as they become available. Congrats Nana-Afia!!

## BENN BOX SCORES

### Girls soccer

Saints 2, Pere-Rene 0  
Saints 2, Msgr. Doyle 0  
St. David 2, Saints 1  
St. Mary's 1, Saints 0

### Sr. Boys soccer

Saints 5, Pere-Rene 1  
Msgr. Doyle 3, Saints 1  
Saints 5, St. David 1  
Saints 5, St. Mary's 2

### Jr. Boys rugby

Saints 17, Bluevale 7

# Junior Rugby upsets #1 seed in Quarter finals

By MR. A. REITZEL

Congratulations to the junior boys rugby team who upset #1 seed Bluevale in the quarter finals 17 – 7. Try scorers were Jack Ceccomancini, Graham Sheppard, and Jakub Hasan. The Saints played exceptional team defence highlighted by the 10, 12, 13 combo of Ryan Hall, Ryan Frost, and Brayden Sullivan. The Saints continually frustrated one of the best offences in the league.

We wish the boys luck as they move on to the semi-final game this Thursday versus Preston High School at Preston High School at 3:15 pm.

## Varsity Girls soccer

By MR. J. BAILEY

The Varsity Girls Soccer Team have gone two and two over the last two weeks of competition. Two weeks ago the Saints started the week defeating Pere Rene with goals from Emily Soares and Maddie Robbins. In a cross town rivalry, our girls defeated Monsignor Doyle 2–0 with goals from Taylor Vieira and Lauren Robbins. The girls played strong games and our defense was solid, with Eden Boyce recording both clean sheets.

Over the last week the girls did not have the same success. The girls performed well in the Waterloo Oxford Tournament this past Friday. Despite the intense heat, the girls played a great tournament and narrowly lost only one game, missing out on the finals. Eden Boyce and the defence played great games and scoring was led by Makayla Cabral, Maddie Robbins and Emily Soares.

In District 8 play on Monday the Saints lost a close game, holding the highest scoring team in the league, St. Mary's to only 1 goal. In tough conditions, the girls played a solid game and are now preparing for the playoffs next week.

Come on out to watch an exhibition game against Dundas on the front field at 3:00 on Wednesday afternoon.

## Senior Boys soccer

By MR. E. OFFAK

The Senior Boys Soccer Team was in action last Wednesday afternoon against St. David's. After a slow first half, the boys held a 1:0 leading. In the second half they pulled away with a 5–1 victory. Goal scorers were Javier Kang netting 3 goals with the first hat trick of the season and Johnny Cabral with 2 goals.

The boys went on to defeat St. Mary's 5–2 this Monday. Goal scorers were Johnny Cabral with 3 goals, Sean McFall, Shamar Santos added singles. This marks the first home field game for Bennie's and it was also the final game of the regular season.

Play-offs begin next Tuesday. Playoff schedule still to be determined.

## Track team off to good start

By MR. F. WITTMANN

This past Friday, 44 schools and 2000 athletes ventured to Track Wars for the first local meet of the season.

The Saints performed very well with medal performances by: Nana-Afia Agyeipah – 1st in shot, 3rd in discus; Marcus Penalozza – 2nd in 300m; Sevanne Ghazarian – 2nd in 1500m; The Senior Boys 4X100m Relay – 2nd – Augustine Soga, Aidan Yearwood, Marcus Penalozza, George Monaghan; Augustine Soga – 3rd in triple jump; Conor Van Iersel – 3rd in 100m.

Other top 10 performances were turned in by: Hope Harnack, Connor Milne, Ehab Shabudeen, Chloe Johnson, Sarah Sue Ping, Stephen Taborek, Devaughn Channer, Kyson Vi, Josh Nikolic, Terrell Webb, the Girls 4X800m Relay (Sydney Papadopoulos, Hope Harnack, Natalie Minnick, and Sevanne Ghazarian), and the Boys 4X800m Relay (Devaughn Channer, Kyson Vi, Cyle Costa, and Curtis Floras).

Good luck at Maxi 2 this Thursday!

## Saints Lacrosse debut

BY MR. N. CALHOUN

On Thursday, April 30th, our school's lacross team participated in the St. Benedict inaugural Lacrosse Jamboree. Play resulted in a 10 – 10 tie in the first game and a 13 – 9 loss in the second game. Honourable mention to the whole team for maturity and tenacity. Way to go Saints!

## 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](#).

## Ultimate Team

BY MR. N. BETIK

The Ultimate Team experienced cold and windy conditions in exhibition play on Tuesday here at St. Benedict. The Saints had a 2 and 1 record losing only to a strong Woodland Christian team. The Ultimate team resumes action this Friday at a tournament in Guelph.

## Clubs

## Making A Difference Club vows to be silent

BY MRS. M. ROCHA

The Making A Difference Club is once again organizing the VOW OF SILENCE on May 21st. Go silent during the school day to spread awareness about an issue that you are passionate about. Sign up in the atrium starts on Tuesday May 12 and continues until the morning of the vow. For more details, see the MAD club members at the vow table in the atrium at lunch.

## Just Dance!

BY MRS. M. ROCHA

ATTENTION DANCERS! Sign up today for Just Dance!, Bennie's annual dance showcase. No auditions required and all styles of dance are welcome! See the info posted by room 104 or talk to Mrs. Rocha for more details.

## Student Activities

## Bennies 2015 Mental Health Awareness Week

BY NYAWUOR MALEK

From May 4th to May 8th, Mental Health Awareness Week was celebrated here at St. Bennies. The week was planned by the Mental Health Awareness Week committee, led by youth care worker Ms. Schuster, social worker Sandra Ayerst, and myself, Nyawuor Malek, as student leader.

We wanted to give staff and students the opportunity to learn more about mental health, mental illness, coping strategies, and resources for help. Oftentimes people are afraid or feel uncomfortable talking about this topic because of the stigma surrounding it. This shouldn't be the case, as mental health is a part of each and every one of our lives.

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***We wanted to give staff and students the opportunity to learn more about mental health, mental illness, coping strategies, and resources for help.***

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Through this week, we also wanted to break the stigma around mental health and get the conversation started. This was completed through activities and events –spreading knowledge and understanding among the community.

The week was introduced the Friday before through an SBTV special. The Mental Health Awareness Week Committee worked with the SBTV crew to create a memorable and informative experience for the Bennies Community.

First off was the Happy Video, in which students danced to the song happy while holding up signs about what makes them happy as well as positive mental health. There was also a Speaker's Corner, which provided Bennies students the opportunity to speak about the stigma of Mental Illness within the community. Lastly, there was a Myth vs Reality video that explained some common misconceptions about mental health and mental illness. These videos were an amazing way to introduce Mental Health Awareness Week to the community.

An introductory PowerPoint was played to classes on Monday May 4th. This PowerPoint led by Ms. Schuster, outlined important information about mental health which gave the community a sense of understanding. Packages were also distributed to classes, giving the chance for classes to start the conversation about mental health.

On Tuesday May 5th, pre-ordered Mental Health Awareness Week spirit wear T-shirts were distributed to staff and students. An interactive class activity also took place. Classes collaborated and went through a mind your mind interactive website and answered questions to mental health related questions. The site also provided explanations to the questions, making students more aware.

On Wednesday May 6th, the Bennies atrium was full of local organizations for the carousel day. Staff and students were invited to come to the atrium during lunch and period three to go to the information booths. Some of the organizations that came were Ray of Hope, Waterloo Region Suicide Prevention Council, Cambridge Memorial Hospital, and Canadian Mental Health Association. The event left both the Bennies community and the representatives from the organizations very happy.

Lastly on Friday May 8th, the week closed with another class activity. Each class was shown three videos that provided statistics, facts, and awareness about mental health and mental illness. From this information, and knowledge gained throughout the week, classes were tasked with writing their views on a puzzle piece. The mental health awareness week



**Students Luana Costa and Adam Laranjeiro proudly show off their Mental Health Awareness t-shirts.**



committee members put together the pieces to make a large scale puzzle.

I'm really pleased with the positive remarks given by staff and students alike on the success of the week. It solidifies that this week should be an annual event at St. Benedict.

In all, Mental Health Awareness Week enriched the Bennies community in awareness on Mental Health and Mental Illness.



Student had the opportunity to visit various information booths put up by local agencies during our Mental Health Awareness carousel in the Atrium on Wednesday.



## More Bennie's Trivia

In [issue 16](#) of the *BENN Newsletter* we presented four trivia questions from the *Celebration of People* festivities. The answer to those four questions were: 1. a) Sister Georgine; 2. d) brown and gold; 3. b) The Tale of Three Cities; 4. c) 175 Northview Heights. *How many did you get right?*

And now, four more questions!

1. How many students enrolled in the first year the school opened?
  - a. 852
  - b. 435
  - c. 157
  - d. 666
2. In the 1970s, St. Benedict students were divided into three houses: brown, gold and
  - a. blue
  - b. orange
  - c. green
  - d. white
3. In what year did the school move to the current location?
  - a. 1997
  - b. 1995
  - c. 1982
  - d. 1970
4. What was the original name of the school's sports teams?
  - a. Bulldogs
  - b. Saints
  - c. Shamrocks
  - d. Chiefs

Thanks again to Mr. Curtis and his crew for coming up with these questions! The answers to these questions (and four new ones) will appear in the next issue of the BENN newsletter.

## The Arts



The members of the St. Benedict Concert Band will be performing in a concert at the Hamilton Convention Centre on Tuesday, May 26th at 6:30 p.m. The concert is being presented by the Diocese of Hamilton and is entitled: Sounds of Joy – Celebrating the Talent in Our Catholic Schools. This is an amazing opportunity for our students and it is also a chance for them to hear other bands, choirs, and performing ensembles from 7 school boards within the diocese. Students will be leaving the school at noon for a dress rehearsal at the hall.

Tickets for the concert are \$5.00. Bishop Crosby has sponsored the cost of a bus to transport parents, family and friends to the concert. The bus will leave the back parking lot of St. Benedict at 5:00 p.m. and return at approximately 9:30 p.m. If you are interested in purchasing a ticket(s), please contact Jennifer Rodrigues at [Jennifer.rodrigues@wcdsb.ca](mailto:Jennifer.rodrigues@wcdsb.ca)

Thank you for your ongoing support of the Arts.

## Other News

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>





# Celebrating St. Ambrose

## Calling all former



## students and staff!

### Tuesday June 16th

### 5:30 - 8:30

Open House!

### View Pictures and Memorabilia

BBQ at 5:30!

Closing  
Blessing

## Upcoming Events

### Wednesday, May 13

2:15pm Fitness Club  
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

### Monday, May 18

Victoria Day

### Tuesday, May 19

10:45am Arts Council meeting  
10:45am Robotics Team  
2:15pm Fitness Club

### Wednesday, May 20

10:45am Lost Club  
10:45am Financial Club  
10:45am Camera club  
12:00pm Track and Field: CWOSSA  
2:15pm Fitness Club  
2:25pm Yearbook Club  
SAC BBQ Blast

### Thursday, May 21

### Wednesday, May 27

10:45am Lost Club  
10:45am Financial Club  
10:45am Camera club  
2:15pm Fitness Club  
2:25pm Yearbook Club  
BENN Newsletter release

### Thursday, May 28

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  
5:30pm PROM

### Friday, May 29

Professional Activity Day  
Track and Field: West Regionals, London

### Saturday, May 30

Track and Field: West Regionals, London

## 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

9:00am Track and Field: CWOSSA  
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  
COPA Semester 2 Arts Night

**Friday, May 22**

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

**Sunday, May 24**

Pentecost

**Monday, May 25**

10:45am Benny's Press Team meeting  
10:45am Because I Am Girl  
2:15pm Fitness Club  
2:20pm Concert Band

**Tuesday, May 26**

10:45am Arts Council meeting  
10:45am Robotics Team  
2:15pm Fitness Club

full calendar, go to Benny's News ► Calendar of Events.

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



Visit [stbenedict.wcdsb.ca/calendar.php](http://stbenedict.wcdsb.ca/calendar.php)  
from your cell phone.  
(Be sure to bookmark it!)

## Miscellaneous

### We want to know...

Thank you to those who have taken time to provide us with feedback. Your opinions are important to us! Please [email us](#) with your comments and suggestions. If you like our newsletter, tell others; if you don't like it, tell us!

Check out our school website at <http://stbenedict.wcdsb.ca> for news and information updates.

