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*The BENN newsletter is a publication of St. Benedict CSS. It is distributed every second Wednesday during the school year using the WCDSB Newswire service. Any questions or comments pertaining to this publication can be sent to the editor [Anton Milardovic](#) or the school's principal [Dan Witt](#).*

### BENN Staff

[Mr. Anton Milardovic](#)

### Next Issue

October 21, 2015

## It's HERE!!!

Yes, it's late, but this week's BENN is here. One good thing with it being late is that we can make a special announcement. This just in: The scoreboard has arrived! Yes, it's in boxes, and yes, it doesn't work yet, and yes, it needs to be installed but it is *here*. Mrs. Reis-Power is still hyperventilating with excitement. Mr. Witt is grinning from ear to ear, as if his beloved Bruins just won the Stanley Cup for the 24th year in a row—hey, isn't that the number of times the Canadiens have won the Cup? ;-)

We hope that the sign and the exercise equipment is installed and functioning for our big ceremony to be held on Wednesday, October 21. More details on that in the next week or so. Follow us on Twitter and Facebook for details!

With the scoreboard and exercise equipment coming, we are thankful to the community for the support during our Aviva campaign last year. In the spirit of thankfulness, we wish you a happy Thanksgiving, and hope that you get to spend the day with loved ones and counting your blessings.

– Editor

The SCOREBOARD is HERE  
@StBenedictCSS ...in boxes. :)  
Awaiting installation and a  
#WCDSBAwesome Celebration  
Oct 21!  
[pic.twitter.com/HYTvu3VNRC](https://pic.twitter.com/HYTvu3VNRC)  
— Dan Witt (@danwittwcbsbca)  
October 9, 2015

## Administrative

### Bennie's students energized at WE Day

BY EMMA BIFFI

On October 1st, we headed to Toronto along with other students chosen to attend WE Day. Everyone woke up bright and early on a cold morning, ready to get the exciting day started. Every student knew that this would be a day to remember.

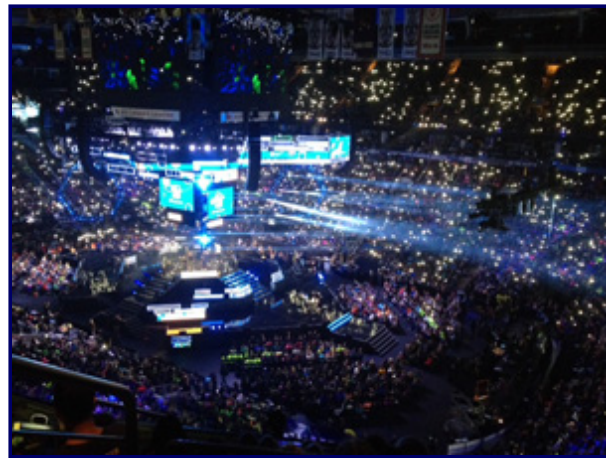
After what seemed like forever, standing in the cold, we were finally able to go inside. It was crowded! There were people everywhere! Mrs. Macdonald even went as far as moving a boundary to make room for the class! We searched for our seats as music played. You could feel the energy coming off of all the people in the Air Canada Centre. Everyone wanted to start off this year of change with a bang at WE Day. Then BOOM! The minute you could see the stage was like walking into a wall of energy, it was loud, the sound of thousands of eager students waiting to be inspired. The lights went dark, the countdown started, and We Day began.




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*The minute you could see the stage was like walking into a wall of energy...*

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Throughout the day, we had speakers come up on stage to talk to us. From actors like Marlee Matlin and Henry Winkler, to sports stars like Magic Johnson, all the speakers were excited to share their experiences. And don't forget all the amazing performers! Musicians like Nick Jonas, Shawn Mendes and Carly Rae Jepsen got us dancing throughout the day. It was great to listen to all the guest speakers and performers. Overall, we learned so much about the world around us, but the truly amazing thing is that so many students were so willing to learn how we can make a change. When we left the event, there was no doubt in our minds that together, we will change the world.

## Focusing on family and faith in Philadelphia

BY BENN STAFF



importance of family, sanctity of family life, and marriage.

He said we are all called to waste time with our children, to make family time important and to love one another as deeply as Jesus did.

Lorrie loved the opportunity to attend this conference and extends her gratitude to the board and the Hamilton Diocese for their support. Also, big thanks to Mr. Jaeger, Mr. Witt and Mr. Sauve for holding down the fort while she was away.

Last week our very own Lorrie Temple was able to attend the Meeting of the Families Conference held in Philadelphia. She was also blessed with the opportunity to hear Pope Francis speak and see him up close as he drove by in the Popemobile.

The Pope challenges us to live out the mission of love: to truly be Christ for one another. He also spent a great deal of time speaking about the



# Access your student's attendance information in real time

By MR. A. MILARDOVIC

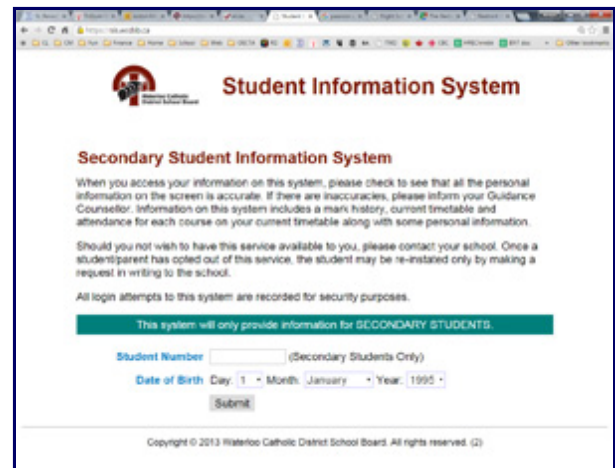
Class attendance is a key component to a student's success in their classes. Timely communication of attendance information between home and school is critical for accurate attendance records.

If a student is away from school a parent must call the attendance line at the school at 519-621-4001. The call can be placed any time, 24 hours a day. It is strongly recommended that you make this call as soon as the absence is known, or at the latest before the student returns to school.

If your son or daughter is going to be away for a trip or extended period of time for a medical reason an *Intent to be Absent* form should be completed in advance by a parent. These are available in the Guidance department.

A student, parent or guardian can access their student's attendance in real time through the Secondary Student Information System (SIS) Website. Information available to view includes student mark history, current timetable, attendance for each course on the current timetable and your contact information. The website link is <https://sis.wcdsb.ca>.

To access the student specific information, you must have the student number (which can be found on a student's timetable) and birth date. If you cannot locate the student number please call the guidance or attendance office for assistance.

The screenshot shows the login page for the Secondary Student Information System (SIS) of the Waterloo Catholic District School Board. The page has a white background with a blue header containing the school board logo and the title "Student Information System". Below the header, there is a section titled "Secondary Student Information System" with a disclaimer about the accuracy of the information and a note about opting out of the service. A green banner states "This system will only provide information for SECONDARY STUDENTS." Below this, there are input fields for "Student Number" (with a note "(Secondary Students Only)") and "Date of Birth" (with dropdowns for Day, Month, and Year). A "Submit" button is located below the date of birth field. At the bottom, there is a copyright notice: "Copyright © 2013 Waterloo Catholic District School Board. All rights reserved. (2)".

## Photo retake day

Photo retake day is coming up on Tuesday, October 20. Pick up forms from the main office.

## News from the Guidance Department

By MRS. P. KLASSEN

### Academic Awards Night

Thursday, October 15 has been set aside as the night when St. Benedict will celebrate the academic achievements from the 2014 -15 school year. Please note that this date is different than the original date that was listed in the student handbook. Any current grade 10, 11 or 12 students who were named to the Honour Role over the course of both semesters, or who earned one of the two highest marks in a course last year have been invited to attend this celebration. We encourage all who receive an invitation to RSVP to the guidance office by Friday, October 9. A seating plan for award recipients will be posted on the doors leading into the gymnasium. The program will begin at 7:00 PM. We hope to see lots of you there!

### Who is your administrator?

The administrative contact for your son or daughter is based on your last name:

### Specialist High Skills Major (SHSM)

Are you in grade 11? Would you like training in song writing? Animal Care? First Aid? Interested in attending the Auto Show? These are just a few of the

A to G: [Mr. Sauve](#)

H to N: [Mr. Jaeger](#)

O to Z: [Mrs. Temple](#)

As always, feel free to contact our principal, [Mr. Witt](#).

many opportunities available for students to enhance their education in a wide variety of sectors offered through SHSM. The deadline to participate in the SHSM program is October 16. See guidance for more details.

## Grade 12 and Post – Secondary Options

Navigating information regarding the many and varied options for post-secondary education can be a daunting and overwhelming task for both students and parents. If you, and your sons and daughters are struggling with the wide variety of decisions available, consider taking advantage of the following opportunities:

1. Attend one of the many individual college or university presentations that are being hosted here at the school. These presentations take place at various times during the school day and provide an excellent window into all that different schools have to offer. A full list of presentations is available on the St. Benedict web site.
2. Sign up for our email distribution list. The information distributed pertains to presentations, events, scholarships and deadlines regarding post-secondary options. Parents are more than welcome to be part of this list! Joining is easy – go to the Guidance section of the web site and click on the message that says “join our information list.” Email updates will come to you via Mr. Betik on behalf of the guidance department.
3. Post-Secondary Information Night for Parents will be held in conjunction with Parent/Teacher Interviews on Thursday, October 29. Please join the guidance staff in the Lecture Hall at 7:00 PM for a presentation, followed by a time of questions and answers.
4. College CIP Day at Conestoga College will take place on Wednesday, October 21. The open house format will be available from 10:30 AM – 1:30 PM and from 5:00 PM – 7:00 PM. Representatives from all Ontario Colleges will be available to answer questions about their campuses and their programs.
5. The Cambridge area University Information Presentation Night is being hosted here at St. Benedict on Thursday, November 5 from 7:00 PM – 9:00 PM. All Ontario Universities will be represented at this event and attendees will have opportunity to attend 3, 30 minute presentations, as well as to have time to circulate at the end of the evening.
6. Research your options and get the most up to date information on-line. For college information go to [www.ontariocolleges.ca](http://www.ontariocolleges.ca) and for university information go to [www.electronicinfo.ca](http://www.electronicinfo.ca). Both of these sites contain a wealth of information on programs and requirements.

## Community Service Hours

Completing 40 hours of Community Service is an important graduation requirement that needs to be completed in order for students to earn their Ontario Secondary School Diploma. While many students are able to find places to fulfill this requirement on their own, we are also often contacted by community organizations and groups who are seeking volunteers. As these opportunities become known to us, they will be listed in the BENN and posted on both the Ranger system and the bulletin board outside of the guidance office. Current opportunities include the following:

1. Volunteer help is needed with the up-coming Academic Awards Night. Anyone looking for 2 –4 hours of extra community service is invited to sign the list in the guidance office. Help will be needed to set up after school, as well as during the evening event.
2. Autism Ontario is seeking volunteers to help with their Halloween event. This event will take place on October 25 from 5:30 – 8:30 PM and is for children with ASD and their siblings.



Volunteers will need to be available at 5:00 PM to help with set up and will earn 4 hours of Community Service. Ideally they would like to find 6 – 10 students. Please see Mrs. Klassen in the guidance office for further details.

3. Cambridge Public Health is seeking a “Youth Engagement Leader” to implement and evaluate health promotion targeting youth in schools and in the community. This position would be suitable for an older high school student. More information as well as an application is available at [www.regionofwaterloo.ca/impact](http://www.regionofwaterloo.ca/impact)
4. If you enjoy the outdoors and are passionate about the environment, consider checking out the various opportunities that rare Charitable Research Reserve offers. Opportunities exist in conservation, research, education, events, fundraising and office administration. Many of the skills learned through these opportunities will develop your employable skills and build your resume. Please contact [cheyanne.richardson@raresite.org](mailto:cheyanne.richardson@raresite.org) for more information.
5. The Athletics department is always seeking committed volunteers to score keep and time keep for District 8 home games. This is an excellent opportunity to complete volunteer hours right on school property. If this is something that interests you, see Mr. Jankura in the Physical Education office or contact one of the volleyball or basketball coaches directly.

Don't wait until your Grade 12 year to complete your Community Service Hours!

## Walk-In Counselling Available at Cambridge “Front Door”

Do you have concerns about your teenager's behavior, emotional state, or mental health? Are you concerned about possible self-harm or drug use issues? Are these issues creating family conflict for you? The Walk-In Counselling at Front Door helps families with children up to 18 years of age to get started on the road to understanding. Through a single family counselling session, the experienced counsellors there help identify issues and equip families with tools and strategies to address their concerns. The focus of the session is determined by each family's unique needs. The Cambridge office is located at 35 Dickson Street. Walk-In counselling hours are Tuesdays from 12 Noon to 7:30 PM (last appointment at 6:30 PM). Appointments are available on a first come basis and are free of charge. Family member directly involved in the concern are encouraged to attend.

## 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.

### Majors offered at St. Benedict's C.S.S.

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

## 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

## A Friendly Reminder...

All visitors are reminded to please sign in at the main office upon arrival at the school, our office staff will be happy to direct you to the appropriate office and/or inform your on-site contact of your arrival. We thank you for your continued cooperation and support in keeping our community safe.

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

### 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 16. Sign up forms are available in the Guidance Office. More information can be found online at [www.highskills.ca](http://www.highskills.ca).

## Uniform reminders

Keeping your mornings simple and stress-free isn't the only benefit of uniforms, we as a school community value the safety benefit of making our community members and visitors easily recognizable. In addition, school uniforms mean that the pressure to have a wide range of new and expensive school clothes throughout the year isn't an ongoing struggle for parents and being judged by their clothes isn't a pressure for students.

All students and parents received the uniform policy for the year in the registration package and all students participated in a grade level meetings with administration to review this policy and other reminders. The policy is also contained in the student handbook which is located on our school website.

The key reminders are:

- All non-uniform items are to be removed and placed in a student's locker when they arrive to school, this includes all hats, scarves, track pants, jackets, coats etc.
- All items are to be worn as purchased and not altered
- McCarthy's navy blue or khaki pants, capris or shorts with the St. Benedict logo
- McCarthy's white/navy blue short or long sleeve golf shirt with the St. Benedict logo
- McCarthy's navy sweatshirt or navy sweater/cardigan/vest with the St. Benedict logo worn over a uniform shirt or plain white, or dark blue t-shirt.

Please ensure that you are in proper uniform throughout the day so we can get at the great task of learning without the needless interruptions or delays that occur when students need to be asked to follow the policy.



This poll is closed.

**Okay! Blue Jays! Let's play ball!**

Do you think the Jays will go all the way?

Yes 11

No 8

**Classrooms are  
No Phone Zones!**



Classrooms are for learning. The use of cell phones is not permitted in class. Parents, if you need to get in touch with your son or daughter, please call the school office and we will contact your child.

Students, don't let your cell phone become a distraction to your learning. Many teachers are integrating this technology into their classroom activities, but when it is not part of the learning phones should be away.

administrator.



## Food Allergy Alert!

We have a number of students and staff in the St. Benedict community with severe life-threatening food allergies, particularly related to peanuts and nuts (anaphylaxis). This is a medical condition that causes a severe allergic reaction to specific foods and can result in death within minutes. If your child brings their lunch with them to school, please ensure that it is free from peanuts and nut products.

If you have any questions or concerns please contact your child's

## Academics



### Enriching the Lives of Students

BY MRS. D. WITTMANN

There are many opportunities for students to enhance their learning experience: Enrichment courses, LEAP, OYAP, UCEP, Co-op, Home Build, SHSM, and Skills Canada. Visit the Enrichment blog for information on all these opportunities. The Blogroll contains a plethora of learning enhancements. To learn more about what we offer, click the link. [Enrichment@St.Benedict blog.](#)



### English Corner

BY MRS. D. WITTMANN

To receive an Ontario Secondary School Diploma (OSSD) each student must obtain 4 credits in English (1 credit per grade). Visit the English blog to read the course offerings provided by the Saint Benedict English Department. The Blogroll has great resources for both students and parents. Enjoy! [English@St.Benedict blog.](#)

## Bennie's business grad shares experiences

BY STEVEN SCOTT

Most times when a guest speaker is brought into St. Benedict's to speak at the lecture hall it is uninteresting and tiresome. Normally, not many listen and pass the hour twiddling thumbs and wishing to be somewhere else. Things were different when Amad Abdullah came to speak. From the get-go he was different, exciting even; a trait that many guest speakers tend to lack nowadays. He was



enthusiastic and passionate about what he was speaking of. He was so interesting and inspirational that when his speech was over, instead of wishing it would finish, I was upset it was over.

Amad Abdullah is a former St. Benedict student and a graduate of business from the University of Wilfred Laurier. He is largely known over Canada as the founder and CEO of the uprising social media fitness smartphone application, OneSet. In

December 2015, he is expected to air on the popular Canadian reality television show, *Dragons Den* as a contestant. Abdullah did not speak of the outcome of the show as he signed a contract disclosing him to state the outcome, but throughout his presentation he made it seem rather obvious that he found success with the show. OneSet is currently valued at a two million dollars, but the company looks to grow off of the upcoming publicity from *Dragons Den* when it airs.

Abdullah spoke his life story, his struggles growing up and the failures that he overcame all throughout his life. Amad Abdullah spoke of his education; he said was not the greatest student and that he just slipped into the cracks of making it into university. He mentioned that he had an unexpected pregnancy which led to him having a son in his early twenties. After that, he spoke of how his peers thought he would be average and emerge to nothing because of the unexpected pregnancy, but he did not see things that. Still motivated and determined, Abdullah saw nothing but success in his life. He joined a network in Waterloo which allowed great minds to communicate and that is where he found his big break, with his invention of OneSet. With Amad Abdullah speaking on a personal level, he showed the audience that anyone can be successful with the right mindset. The most important part of his whole speech was when he gave advice, personally, some of the best advice I have ever heard, he said:



*"If you ever find yourself on the edge about something, and you're scared to do it because you might be rejected, do it anyways. People are scared of what if; what if I get shut down, what if I look silly? Who cares!? What if you don't? What if something amazing is created just because you did something about it."*

Amad Abdullah taught me to be more confident as a person. When I spoke to him after his speech, he told me personally that he has failed ninety-nine out of one hundred times. That one time he didn't fail, that one time he found success with OneSet, that it is what changed his life, not the failures. Nobody hears about the failures, only the success.

## The SHAD Valley experience

By ALEXANDRA KERRY

The meaning of "summer break" was completely redefined for me this year. This past summer I had the life changing and enriching opportunity to experience a month away from home at the University of Calgary with a program known as SHAD Valley. SHAD offers grade 10, 11 and 12 students who excel in academics, athletics and the arts, a place in the intense month-long program based on S.T.E.M.



(Science, Technology, Engineering and Mathematics) disciplines. More than 600 applicants are accepted to participate and live in residence at one of the program's 12 host universities. SHAD allows exceptional students to enrich their learning while being surrounded by like-minded people. Each campus offers an immersive program including lectures, workshops, trips and projects as well as a challenge that involved teams of students to work together and solve a problem using scientific principles and business concepts.

Now, you may be thinking, "Why would I want to spend a whole month of my summer off at a university doing more work?" Well to be completely honest that is what I thought while applying for this program too. However, I was wrong and it was one of the best things that I have decided to do.

Not only did it enrich my learning but it enriched myself as a person. I was surrounded by so many like-minded people who are strong in academics and are talented in sports and the arts. Being surrounded with some of the top students nationwide, I was inspired to expand my leadership skills and develop an initiative attitude. I encourage all students to look further into this enriching opportunity. The amazing people that I met are what made this experience so incredible and the connections that are made throughout the month will last a life time. This experience will follow you through every step of your life, regardless of where you end up.

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***Now, you may be thinking, "Why would I want to spend a whole month of my summer off at a university doing more work?"***

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## Athletics

### Basketball

#### Senior Girls

BY MRS. P. KLASSEN

The Senior Girls Basketball Team opened their regular season play with a total team effort win 34-25 over the visiting St. Mary's Eagles. Good defence, combined with a balanced offensive attack were the keys to victory. High scorers for the game were Afifa Salad with 18 points and Laura Ivits with 10 points.

The second game of the season saw the girls post their second straight victory with a resounding win over the Mustangs from Doyle on last Monday night. Another total team effort saw three Saints reach double digits in scoring, with Laura Ivits leading the way with 14 points, followed by Afifa Salad with 13 and Julia Mascarenhas with 11.

Their next opponent for a home game was the St. David Celtics. The girls kept up their winning ways, improving to 3 wins and 0 losses with an exciting game. They pulled away in the fourth quarter by outscoring the St. David Celtics, 14 - 5 in the final frame. The final score: St. Benedict 47, St. David's 38. Top scorer for the Saints was Julia Mascarenhas with 16 points. Afifa Salad chipped in with 13 and Laura Ivits had 8.

In tournament play, the girls won the Consolation Championship at the Jacob Hespeler Basketball tournament last weekend. The girls rebounded from a first round loss to a strong team from Cameron Heights with consecutive wins against KCI from

### BENN BOX SCORES

#### Jr. Girls basketball

Resurrection 42, Saints 20  
St. David 27, Saints 26  
Saints 25, St. Mary's 12  
St. Mary's 33, Saints 25

#### Sr. Girls basketball

Saints 34, St. Mary's 25  
Saints 44, Msgr. Doyle 28  
Saints 47, St. David 38  
Resurrection 34, Saints 30

#### Jr. Boys volleyball

Saints 3, St. Mary's 0  
Saints 3, Msgr. Doyle 0  
Saints 3, St. David 1  
Saints 3, Resurrection 0

#### Sr. Boys volleyball

Saints 3, St. Mary's 0  
Saints 3, Msgr. Doyle 1  
St. David 3, Saints 0 Resurrection  
3, Saints 1

#### Jr. Boys soccer

Saints 4, Msgr. Doyle 3  
St. David 5, Saints 1  
St. Mary's 5, Saints 1  
Saints 6, Resurrection 0

Kitchener and Our Lady of Lourdes from Guelph. The Saints played with heart, determination and enthusiasm all weekend long and displayed great team work. A special "shout out" to Abby Van Groningen who scored her first basket.

Despite an incredibly solid effort, the Senior Girls Basketball team lost 34 – 30 to a strong and highly ranked team from Resurrection yesterday afternoon. Solid defensive play held the Phoenix shooters to their lowest point total of the season. The Senior Saints were led by Afifa Salad with 15 points and Laura Ivits with 13 points. The girls plan to return to their winning ways when they take on the Woodland Cavaliers, Wednesday at 3 PM in our gym.

**Jr. Boys football**  
Resurrection 43, Saints 13  
St. Mary's 37, Saints 8

**Sr. Boys football**  
St. Mary's 11, Saints 3

## Junior Girls

By MR. N. KRZYSZTOFIK & MRS. D. LOWE

The junior girls basketball team started the season with a hard fought effort against a tough opponent Resurrection. The girls had a rough first half but turned it around in the second, outscoring Res and defending the basket with a strong zone defense. They showed a lot of heart! The final score was 42–20 for Resurrection.

Their following game was a nail biter against St. David's. The lead was passed back and forth between teams, which eventually lead to a couple of last minute free throws deciding the victor. The girls showed a lot of heart but came up short 27–26.

Their next match was a home game against St. Mary's. Working very well together as a team, the Saints came out on top with their first win of the season beating St. Mary's 25–12! Great job Saints and thank you to everyone who came out to cheer us on!!

This past weekend your Jr. Girls Basketball team participated in the Jacob Hespeler tournament. Playing strong in the first two games the Saints just couldn't pull off a win, losing the first game to Cameron Heights and the second to Jacob Hespeler. But staying positive and playing hard, your Jr. Saints played the third game with a lot of heart and determination, and after a close game the whole way, we came out on top with a 35–33 win over GCI!! Congratulations to the whole team who represented St. Benedicts very well with great character, respect and spirit!

## Junior Boys Soccer

By MR. N. DUFRESNE

The juniors boys soccer team beat the Mustangs 4–3 in regular season play, in a game that was played in the sweltering fall heat. Goals were scored by Blake Semper, Ben Mascarenhas and two by Marius Pop. The game was a nail biter with the winning goal scored in the 90th minute by penalty shot. A shout out to the strong defensive play of Colin Cabral and Anthony Kumal... the man of the match was Jon Befekadu for his tireless effort and great sportsmanship.

The boys' next challenger was the Celtics from St. David's. Despite taking an early lead in the 26th minute the boys were unable to hold on for the victory. The team fought hard up front to pocket a goal but just couldn't finish. A shout out to the man of the match Marius Pop for playing hard nosed soccer and helping control the play in the midfield.

The boys next faced the undefeated Eagles. They put on an incredible defensive display and showed great poise and class to keep the Eagles to only one goal in the first half. The lone goal by Carter Jackson broke the Eagles shut out and re-energized the squad yet we came up short in the end. The man of the match was Jeremiah Sackey for his incredible work ethic, positional play and stepping up to play in goal late in the second frame.... honorable mentions for an incredibly hard played match go out to Sebastian Llorn, Anthony Kamal and Jamil Kort.

The boys had a solid performance in their game against Resurrection. They came out fierce executing the game plan to perfection, taking the match 6:0. Goals were scored by Jonathan Befekadu, Jamil Kort, Anthnony Kumal, Ben Mascarenhas, Marius Pop, and Jeremiah Sackey. The man of the match was Colin Cabral for his stellar leadership and incredible net minding to capture the oh so elusive shut out... Way to go boys!

## Volleyball update

BY MR. M. BERGER

### Senior boys

The senior team is undefeated to date. They have won both of their first two games. These were not easy wins. The team had to battle long and hard to secure these two victories. Both games were against St Mary's, who battled and fought hard. However, the skill and desire for victory could not be taken from the Saints.

### Junior boys

The junior team is undefeated in league play as well. They have faced St Mary's in their first two league games and left the court victorious.

The junior team played in the Preston tournament last Friday where their excellent play took them to the semis. All games were within a couple of points or extra points were needed to ensure a victory.

Noah Guerin was selected as St Benedict's Tournament MVP. Noah is a coach's dream and an opponents nightmare. He is a mild mannered athlete with super human volleyball skills, Junior volleyball's Clark Kent.

The junior boys volleyball went on to beat Resurrection and are still undefeated.

Last Friday the team packed their bags and travelled for a tournament in 'Paris' – Paris Ontario – where they were eventually defeated in the finals. The boys are playing very well together and winning as a team. Keep the drive alive.

## Senior Boys Football

BY MR. J. VALE

The Senior Football team started their season off on a winning note with a 27-14 win over powerhouse Resurrection. The offence was led by running back Aidan Yearwood who had two rushing touchdowns and Brayden Hill who caught one from quarterback Alex Douglas. The defence led by defensive all-star Jon Carroll as well as Josh Cumber and Devante Hudson.

## Cross-Country update

BY MR. F. WITTMANN

Bennies was the top team overall at the Shades Mill Meet last Friday. With 18 schools in attendance, the Saints won Midget Girls and Senior Girls divisions, and the boys teams placed 2nd at Junior, 3rd at Senior, and 5th at Midget. Top 20 performances were turned in by Niki Soares, Emily Soares, Hope Harnack, Adam Madar, Bethany Lewis, Charlotte Jones, Sarah Joseph, Greg Danayan, and Marguerite Leadbeater, Alex Thepsouvanh, Alexandra Kerry, Sydney Papdopoulos, and Kyle Szabo.

Two weeks ago the Saints' X-Country Team ventured to Laurel Creek where the Senior Boys and Senior Girls teams each placed 3rd. Top 20 performances were turned in by Nikki Soares, Emily Soares, Devaughn Channer, Alex Thepsouvanh, Alexandra Kerry, Greg Danayan, and Adam Madar.

Members of the Saints' X-Country Team participated in the "Run for the Toad" in the first annual



high school relay. It was cold and blustery, but Hope Harnack, Curtis Floras, Makayla Pearl, and Matt Fantini represented the school well and placed 4th out of 10 teams. Congratulations!

## Boys' golf update

BY MR. M. ANDERTON

The boys golf team battled to a third place finish Thursday in their second tournament of the season. Jonathan Kerr lead the way, capturing the individual title after firing a sizzling 2-under par 68; good for a 3 shot victory. Good luck goes out to the boys at the CWOSSA golf tournament Thursday in Southampton.

## Tennis tournament results

BY MRS. M. CROWELL

The Saints tennis team had its D8 tournament on Wednesday, September 30 at Northfield Racquet club in Waterloo. Everyone played hard and had a great day.

Mark Cooper came in third in boy's singles and the boys double pair of Gavin MacLeod and Noah Medeiros also had a third place finish.

Sarah Sue-Ping finished second in girl's singles and advances to the CWOSSA tournament back at Northfield this Friday Oct 9. Stay posted for results and good luck Sarah!

## 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 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](#).

## Clubs

### Science Team

BY MS. S. SKINN

The first science team meeting of the year will take place this Thursday, October 8 at the beginning of lunch in room 314. Anyone interested in joining the science team this year is invited to attend, please let Ms. Arkell, Mr. Bailey or Ms. Skinn know if you can't make it.

### Fresh Club

BY MS. R. O'BRIEN



Are you interested in finding gluten-free, lactose free, vegan, kosher, or sugar free foods?! Do you have an interest in 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. Just remember, if you don't want to know where your food comes from... maybe you should find out where your food comes from. Come debate and discover foods that work for you!

See you on Fresh Club Fridays at lunch in portable 7!

## **Model UN Club**

By MR. R. MARTINELLO

This is just a reminder for members of the Model United Nations that our meetings will now take place on Thursday at lunch in Room 225. New members are welcome. So if you like debating world issues, join us this Thursday for some lively discussion.

## **Have you considered cycling?**

By MRS. S. REIS-POWER

Do you have thoughts about becoming more active or improving your health? The physical education department would like to support you on your goals towards such intentions. Every Tuesday & Thursday mornings we would like to invite you to our very own spin/cycle class. Not only does it help reach your goals, it also improves the start of your day. Check out the ranger, BENN and room 201 for schedule details. Looking forward to seeing you attend.

## **MC Crew gets a Makeover**

By Ms. L. McKellar

The MC Crew has undergone a well deserved face lift and will now be known as the COSMO CLUB!!!

If you have an interest in hair and make-up Cosmo Club invites you to learn with us every Wednesday at lunch in Room 124 aka the Cosmo room. We provide hair and make-up support for many Bennies events including the upcoming Haunted House, School Plays and on-site tutorials. No experience necessary and all are welcome!! See you there!!

## **Dead batteries save lives...**

By MRS. S. MacDonald

Please bring your used household batteries to Room 326 to keep electronic waste out of landfills and help save a child's life. Every AA battery has enough zinc in it to save the lives of six children. For every battery recycled, Teck will donate the equivalent value of zinc to UNICEF in support of our zinc partnership program in India. Please see Mrs. MacDonald or [www.zincsavesthechildren.com](http://www.zincsavesthechildren.com) for more information.

## **ATTENTION SLAM POETS AND SPOKEN WORD ENTHUSIASTS!**

By MRS. M. ROCHA

If you are interested in attending a spoken word workshop with the Bennie's Spoken Word Club on Wednesday October 14, pick up a permission form from Mrs. Rocha by the end of this week. Only 6 spots available- so act fast!

# The Accepting Differences Club is back!

By Mrs. L. VARRIANO-LANE

This club was created several years ago by Dru George as a place for LGBTQ students and their supporters to hang out and discuss issues facing today's youth.

All students are welcome to join this SAFE SPACE – regardless of gender, sexuality, religion, race, etc.! Or just come out and have lunch and meet some new people!

We meet every Tuesday at lunch in room 301 – we look forward to meeting you!

## Student Activities

## The Arts

## Other News



# Sorry We Missed You!

It's not too late to create the perfect symbol to commemorate this important time in your life.



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## Upcoming Events

### Friday, October 9

2:15pm Dr. Who club

### Monday, October 12

Thanksgiving

### Tuesday, October 13

8:15am College visit: Mohawk

10:40am Arts Council

10:40am Mock United Nations

10:45am Games Club

10:45am DECA meeting

10:45am E-Car club

### Wednesday, October 14

8:15am Univ. visit: Carleton University

9:00am Golf - OFSAA Championships

10:40am Fresh Club

10:40am Cosmo Club

10:45am Financial Club

10:45am E-Car club

2:10pm Yearbook Team

2:10pm Camera Club

2:15pm Show Choir

3:00pm Jr. Boys Soccer vs St. David

3:00pm Jr. Boys Volleyball vs Rockway MC

3:00pm Sr. Boys Volleyball vs Rockway MC

3:30pm Sr. Girls Basketball @ Rockway MC

5:00pm Jr. Girls Basketball @ Rockway MC

### Wednesday, October 21

8:15am Univ. visit: Ryerson

10:30am College visit: College Information Days

10:40am Fresh Club

10:40am Cosmo Club

10:45am Financial Club

10:45am E-Car club

1:00pm Jr. Boys Football vs St. Mary's HS

2:10pm Yearbook Team

2:10pm Camera Club

2:15pm Show Choir

3:00pm Sr. Girls Basketball @ ES Père-René-de-Galinée

3:00pm Sr. Boys Football vs St. Mary's HS

3:00pm Jr. Boys Volleyball vs ES Père-René-de-Galinée

3:00pm Sr. Boys Volleyball vs ES Père-René-de-Galinée

BENN Newsletter release

### Thursday, October 22

10:45am DECA meeting

11:15am Cross Country: District 8

2:10pm Rock Climbing Club

2:15pm Seams Sew Easy Club

2:15pm Games Club

2:15pm Jazz Band

3:30pm Jr. Boys Volleyball @ Rockway MC

3:30pm Sr. Boys Volleyball @ Rockway MC

6:00pm Arts Coffee House

#### Thursday, October 15

9:00am Golf – OFSAA Championships  
9:30am Univ. visit: Brock University  
10:45am DECA meeting  
1:00pm College visit: Georgian  
1:00pm Jr. Boys Football vs Resurrection CSS  
2:15pm Seams Sew Easy Club  
2:15pm Games Club  
2:15pm Jazz Band  
3:00pm Sr. Boys Football vs Resurrection CSS  
7:00pm Academic Awards night

#### Friday, October 16

8:00am Cross Country: Pre-OFSAA, Duntroon  
8:15am Univ. visit: University of Waterloo & St. Jerome's  
10:40am Star Trek Club  
10:40am United Cultures  
10:40am Puzzles Club  
10:45am Programmers Club  
2:15pm Dr. Who club  
3:30pm Jr. Boys Soccer @ St. Mary's

#### Monday, October 19

11:45am Univ. visit: McMaster University  
1:00pm Univ. visit: Brescia College (U of Western)  
1:00pm Univ. visit: Huron College (U of Western)  
1:00pm Univ. visit: Kings College (U of Western)  
2:15pm Concert Band  
5:00pm College visit: College Information Fair

#### Tuesday, October 20

9:30am Univ. visit: Trent University  
10:00am College visit: College Information Fair  
10:40am Arts Council  
10:40am Mock United Nations  
10:45am Games Club  
10:45am DECA meeting  
10:45am E-Car club  
Photo retake day

7:00pm School Council meeting  
Progress reports distributed

#### Friday, October 23

10:40am Star Trek Club  
10:40am United Cultures  
10:40am Puzzles Club  
10:45am Programmers Club  
2:15pm Dr. Who club  
3:00pm Jr. Boys Volleyball @ Monsignor Doyle CSS  
3:00pm Sr. Boys Volleyball @ Monsignor Doyle CSS

To see the full calendar, go to [Benny's News ►](#)  
[Calendar of Events.](#)

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



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

## 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.

