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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

March 9, 2016

Stay safe on the roads!

– Editor

Benny's in the Local Media

THE RECORD: [St. Benedict wins D8 basketball championship](#)

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CAMBRIDGE TIMES: [Have mercy: Saints on point at CWOSSA](#)

CAMBRIDGE TIMES: [Saints find success in District 8 playoffs](#)

CAMBRIDGE TIMES: [Chaves takes The Next Step with career](#)

CKCO TV: [District-8 hockey finals to go the distance](#)

Administrative

Photo Retake Day for Semester 2 will be on Thursday, February 25th. If you are new to the school or still need to get your student photo ID, you will have a chance to get a new photo taken on that day. We will start calling students in alphabetical order to the Skybox on the 3rd floor during Period 1. For more details, pick up a brochure in the Main Office.

News from the Guidance Department

By MRS. P. KLASSEN

Course Selection Deadline Approaching Quickly!

By March 1, it is our expectation that all students who are planning to attend St. Benedict for the 2016–2107 school will have submitted their course choices. The decisions that students make now regarding their choices for next year are what drive the scheduling decisions that are made with regard to both the courses and the numbers of sections of each course that we offer during the school next year. The importance of making the right choices should not be underestimated as inappropriate course changes are not always easily corrected once the school year is underway.

As has been the practice for the past number of years, students will be choosing their courses on-line through Career Cruising. The site can be accessed as follows:

1. Go to the [Career Cruising website](#)
2. Your Username is the prefix “wl-“ plus the last 5 digits of your student ID and the first 3 characters of your last name. (eg. John Smith wl-12345SMI)
3. Your Password is your birth date. (mmddyyyy) For example, if your birthdate is August 25, 1990 your password will be 08251990. You will be asked to change your password when you log in for the first time.

Please note that course selections must be submitted to the school and signed by a parent, by Tuesday, March 1. Students are encouraged to consult the course calendar, as well as subject specific teachers and guidance counsellors for help in choosing correctly. In addition to before school, after school and during the school day, guidance counsellors will also be available in one of the computer labs during lunch on Thursday, February 25 and Monday, February 29.

Specialist High Skills Major (SHSM) and Course Selection

All students who are registered in one of the Specialist High Skills Major programs should have received a report which indicates their progress in their sector of choice. Students should use this report to make sure that they choose courses for next year which will allow them to complete the SHSM academic requirements.

Attention Grade 12's Planning to Graduate in June

The graduation ceremony for this year has been set for June 28 at

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

Arts & Culture • Business • Construction
Energy • Environment • Health & Wellness
Hospitality & Tourism
Information & 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

Conestoga College. Students planning to graduate in June must have all graduation requirements completed in order to attend the ceremony. These requirements include 30 credits, successful completion of the literacy requirement and 40 Hours of Community Service. All Community Service Hours must be completed and documented at the school by the end of May. Please hand your completed community service hour forms in to the main office.

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

How and when to get involved:

Experiences start in Grade 11 or 12, if you are in grade 10 now is the time to sign up and get involved! Sign up forms are available in the Guidance Office. More information can be found online at www.highskills.ca.

Community Service Opportunities

1. Cambridge Eye Care, located at 350 Conestoga Blvd in the Coronation Dental Medical Plaza, is seeking two female volunteers to assist them with a fund-raising event for Haven House that they are hosting. The event is taking place on Friday, February 26 and help would be required from 6:00 PM – 9:30 PM. Duties will include welcoming guests, hanging up coats, serving refreshments and clean up duties. Please see Mrs. Klassen in the guidance office for more information.
2. "Healthy Heart Day," an annual community event will be held at St. Benedict on Saturday, April 30. Volunteers are needed from 6:30 AM to 2:00 PM to help with set-up, registration, ushering and clean-up. Please see Mrs. Klassen in the guidance office for more information.
3. The Silverheights Neighbourhood Association is seeking volunteers for their Tuesday Evening Open Gym Program and their Wednesday Evening Dodgeball Program. Tuesday evening volunteers will assist instructors with a wide variety of games, sports and activities provided to children in Grades 2 – 4 and Grades 6 – 8. Wednesday evening volunteers will assist instructors with a variety of Dodgeball games provided to children in Grades 5 – 8 and Grades 8 – 12. Both activities run from 6:00 – 9:00 PM. Interested volunteers should contact Lori at volunteering@silverheightsneighbourhood.com or call 519-249-1200.
4. The Silverheights Neighbourhood Association is also accepting applications for those interested in being a "Leader in Training." LIT is a leadership program for youth that have a genuine desire to work with children and to develop their leadership skills. LIT application forms are available in the guidance office and are due by Thursday, March 10. More information is available at volunteering@silverheightsneighbourhood.com
5. The City of Cambridge is also seeking applications for their LIT programs. LIT's are recruited to assist Playground Leaders with children's programs at Summer Playground sites. This program is available to students aged 13 – 15. Apply online at www.cambridge.ca/LIT LIT's are required to volunteer for a minimum of 2 weeks. The first round of applications are due February 29.

Part-Time Job Opportunity

Mennonite Furniture, located at 250 Pinebush Rd. is looking for a student to work Saturday from 9 AM – 5 PM, as well as occasional evenings. Duties will include selling furniture as well as assisting the delivery driver in loading and unloading furniture. Please drop off, email or fax your resume to nicole@mennonitefurniture.on.ca Fax 519-622-1161

Summer Job Opportunity

African Lion Safari will be hosting a Job Fair at the Mombasa Market Restaurant, onsite at African Lion Safari on Saturday, April 2, 2016. Students are invited to attend the Job Fair which will run from 9:00 AM to 12:00 PM. There are a wide variety of positions that they will be looking to fill with students. Students must be at least 16 years of age, have a valid SIN number, have transportation to and from work and be available to work on weekends and holidays. Experience is an asset, but not a requirement for most positions.

The City of Cambridge is also seeking enthusiastic people to fill a wide variety of summer jobs. Check of www.cambridge.ca/studentsummerjobs

Kid Help Phone

Stressed out? Lonely? Parents fighting? Being bullied or abused? Worried about a friend? Anxious about school or a relationship? Not sure where to get help? The Kids Help Phone is where young people reach out when they don't know who to talk to. They offer free, professional and anonymous counselling, 24 hours a day, 7 days a week. That means that they never close. Call 24/7 at 1-800-668-6868 or ask online at kidshelpphone.ca

Inclement weather

Check the school board website at www.wcdsb.ca or listen to local radio stations such as CHYM FM and 570 News for information on bus cancellations and/or school closures. If buses are cancelled, schools remain open for those who can safely travel.

Access your student's attendance information in real time

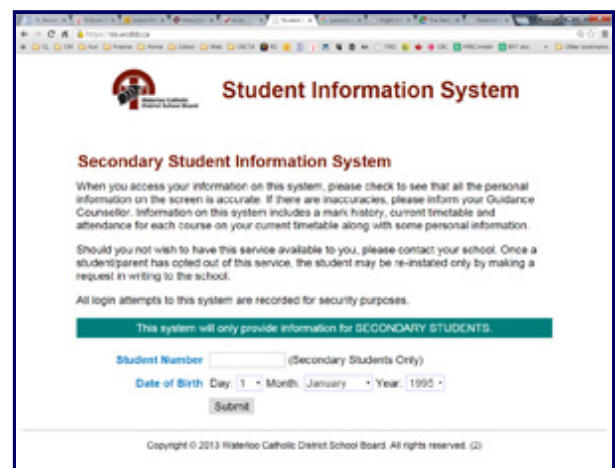
BY MR. A. MILARDOVIC

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>.



With your son's or daughter's date of birth and student number, you can see their attendance up to the minute.

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.

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.



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 administrator.

Who is your administrator?

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

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](#).

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](#).

DID YOU KNOW?

St. Benedict business courses
count towards your
**SPECIALIST HIGH
SKILLS MAJOR**

See <http://stbenedict.wcdsb.ca/business> for details

Do you have Skills?

By Mr. N. Calhoun

Attention students!

Are you someone who likes to build, create, design or fix things? Do you like to compete?

Then get involved with the Regional Skills Competition to compete against other students at the Catholic Board for bronze, silver and gold medals. Competitions include everything from Auto service, graphic design, robotics, culinary arts, hairstyling, photography, precision machining and more! Talk to Mr. Calhoun for more information on the Skills Competition and how you can get involved!

WHAT: OSSLT Prep Sessions



WHO: Ms. Craftchick & Ms. Trentini

WHERE: Room 212

WHEN: Wednesdays & Thursdays
Feb. 10th - March 30th
2:15-3:45

WHY: So you are prepared for the OSSLT
on **Thursday, March 31st!**

HOW: Sign up in Room 208 TODAY! 😊

Athletics

Senior Saints D8 Basketball Champs

By Mr. J. MALNERICH

Congratulations to the Sr Boys Basketball team for winning the District 8 Championship last Friday night. They defeated the St. Mary's Eagles 64 to 51 in front of a packed house.

Devante Douse led the Saints with 22 points while Zubair Seyed scored 20. With the win, St. Benedict's advances to the AAA CWOSSA Championships at Sir John A Macdonald on Friday and Saturday. Thanks for all the fans that came out and hope to see you again this weekend in Waterloo.

BENN BOX SCORES

Jr. Boys basketball

St. Mary's 68, Saints 45

D8 FINALS

Saints 39, Resurrection 37

D8 SEMI-FINALS

Sr. Boys basketball

Saints 64, St. Mary's 51

D8 FINALS

St. David's 49, Saints 73

D8 SEMI-FINALS

Boys hockey

Saints 5, Resurrection 1

Finals game 3

Saints 3, Resurrection 2

Finals game 2

Saints 2, Resurrection 4

Finals game 1

Jr. Girls volleyball

Saints 3, St. David 0



Our district 8 winning senior boys basketball team.

Bennie's Boys and Girls Curling Teams "Sweep" Up Competition at D8

BY: VANESSA WINIARZ

Last week, the varsity boys and girls curling teams played an excellent final match against fellow league member St. Mary's. The girls team (Veronica Reitmeier, Catherine Eadie, Vanessa Winiarz, Nicole LaBelle and alternates Ashley Holman and Leanne Trepanier) played a strong match, incorporating various elements of strategy and skill, earning them a whopping 13-4 final score and a spot in this year's CWOSSA tournament.

Our Bennie's boys (Aaron Silver, Colin Cabral, Connor Milne, and Jordan Guay) played a heart-felt match, pressing the competition with their persistence and skillful performance resulting in a close win, with a nail-biter score of 5-4. Unfortunately, the boys fell short in their CWOSSA qualifier game this past Monday against Brantford, though they had an amazing overall season, and both teams brought much pride to our school community this session.

Congratulations to all of the team members for astounding athletic performance this curling season! A massive thank you goes out to our amazing coaches Ms. Missio and Mr. Reitmeier for all of your advice and support. SAINTS ROCK!!!



Our district 8 winning girls team.

Junior Girls volleyball

BY Ms. J. BIRCH

Coach Birch and Coach Busby would like to thank the Junior Girls volleyball team for an amazing season, as the girls defeated St. Mary's in three sets last week to win the District 8 Championship.

The girls have represented St. Bennies well displaying great athleticism, effort, teamwork and



Our district 8 winning boys team.

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](#).

sportsmanship throughout the season. We would like to thank all the fans who have supported us all year, as well as the scorekeepers, and Manager Jonah Winkler. Wish the girls luck as we head to CWOSSA next week!

Wrestling

BY MRS. L. EDWARDS

Five wrestlers competed last Thursday at the CWOSSA Qualifier. Congratulations goes to Harvir Lall and Rebecca Quigley who each placed first in their weight category earning a spot at CWOSSA.

Good luck goes out to both athletes today they compete in the OFSAA Qualifier Tournament.

Midget Boys basketball

BY MRS. L. EDWARDS

The Midget Boys Basketball Team hosted the semi final game against The Resurrection Phoenix this past Thursday. The Saints fought hard to maintain second place and earn a spot in D8 finals. Rez took a small lead at the beginning of the game and we couldn't close the gap. Rez took the game 33 – 29.

The Saints showed amazing teamwork both on and off the court as they stood beside each other during a tough battle for a finals qualifier. Overall, the Saints had a great season and represented our school community very well!

Swimmers are swift


BY MS. S. SKINN

The swim team competed at CWOSSA finals on Wednesday February 17th and placed 7th out of 38 competing schools, a best finish at CWOSSA for Bennies! Coaches Sean Lehan, Sarah Skinn and Rhonda DeForest are ecstatic with the great finish. A group of 15 students competed in team and individual events, these students are: Erica Braga, Cassidy Driscoll, Curtis Floras, Jason Gancena, Sam Hovey, Charlotte Jones, Hannah Lee, Nicholas Leonardo, Sarah Oei, Holland Rossetto, Nikolina Svorinic, Noah Thomas, Kyanna Vi, Kyson Vi, and Shaunna Walker-de Jong.

Our open girls had a great 3rd place finish in the medley relay that included Charlotte Jones, Kyanna Vi, Shaunna Walker de-Jong, and Erica Braga! Everyone had great personal times for their swimming events. In their first year competing Jason Gancena had a 2nd place finish in the 50 backstroke, and Holland Rossetto finished 6th in the 50 butterfly. Finishing with personal best times Cassidy Diriscoll placed 3rd in the 50 backstroke, Nick Leonardo in the 50 butterfly finishing 5th overall. We have a few advancing to OFSAA including Kyanna Vi (200 free), Shaunna Walker de-Jong (50 free, and 100 fly),

Noah Thomas (100 fly), Charlotte Jones (100 back), Kyson Vi (100 breast). Congratulate our swimmers on a great effort for Bennies, and wish those continuing luck at OFSAA in March.

TRACK AND FIELD @ BENNIES

- | | | |
|---------------|---------------------------------|--|
| • Sprint | Tear up the track |  |
| • Run | Go the distance | |
| • Hurdle | Get over it | |
| • Relay | Pass it on | |
| • Triple Jump | It's triple the fun | |
| • High Jump | It's over the top | |
| • Long Jump | Take a leap of faith | |
| • Shot Put | Take a weight off your shoulder | |
| • Javelin | Take a stab at it | |
| • Discus | We'll make you hurl | |

Indoor Practices start Mon. Feb. 29th!

Meet at 2:20 in the Phys Ed Hallway for 1 hour of fitness every Mon./Wed./Thurs.

Varsity Girls Soccer

BY MR. J. BAILEY

Now that we have had some spring weather it is time to think about Spring Sports and St. Benedict's. The Varsity Girls Soccer Team is looking for girls of all ages and grades that are interested in playing this season. There will be a lunch meeting on Thursday, February 25 in Room 319. Please be there at the start of lunch so you can find out about tryouts! If you can't be there this Thursday, please speak to Mr. Bailey or Mrs. Paleczny as soon as possible.

Bennie's Spring Basketball League

BY MR. J. MALNERICH

We wish to personally invite our future Saints to our 10th Annual St. Benedict Spring League Basketball Program which will be taking place in April and May. This 10 session program will be packed with games, contests and a complete program of instruction covering basketball fundamentals. You also receive a team shirt. You will be placed on a team that will compete each week for the League Championship. Awards and prizes will be given out.

The league will take place on Tuesday evenings beginning April 5th and will end on May 24th. The Freshman Division (Grades 4-6) will run from 6pm to 7:30pm and the Senior Division (Grades 7&8) will run from 7:30pm to 9pm. Go to our school website (<http://stbenedict.wcdsb.ca>) and select "Athletics" then "Spring Basketball Program". Schedules, program information and registration forms are all there. Cost for the league is \$70.

We will need to limit our enrollment in order to provide maximum instruction and playing time. Registration will occur on Tuesday, March 8, from 7pm to 9pm in the Atrium at St. Benedict Catholic Secondary School. Come get registered and enjoy a terrific experience!



2016 SPRING LEAGUE BASKETBALL PROGRAM

THIS 10 SESSION PROGRAM IS DESIGNED FOR BOYS AND GIRLS TO IMPROVE THEIR SKILLS AND GAIN A THOROUGH UNDERSTANDING OF THE GAME OF BASKETBALL

Players must be prepared to learn, try their best and make new friends from other schools.
No basketball experience is necessary.

Age Divisions: Grades 4, 5, 6
Tuesdays from 6pm to 7:30pm
From April 5th to May 24

Grades 7, 8
Tuesdays from 7:30pm to 9pm
From April 5th to May 24

Note: A detailed schedule will be given out at registration.
There may be some off-Tuesday nights.

Cost: \$70

Registration: Tuesday, March 8, 2016
7pm - 9pm
St. Benedict Atrium
(enter through front doors
by the library)

Program Features

- *Emphasis is on developing solid fundamentals and basic principles of play in a fun and encouraging environment*
- *Fundamental stations and/or large group instruction emphasizing offensive moves and defensive footwork*
- *Daily League games and team competitions*
- *Will be grouped according to gender if numbers permit*
- *League T-shirt for each camper*
- *Certificate of Achievement*
- *Awards and Prizes*

FOR MORE INFORMATION CONTACT:

JOHN MALNERICH
ST. BENEDICT C.S.S.
519-621-4050 ext 3070
John.Malnerich@wcdsb.ca
Or go to: <http://stbenedict.wcdsb.ca>
And look under "Athletics".



*Coaching staff
includes
John Malnerich,
(Head Boys' Coach)
and
Former and Current
Senior St. Benedict
Players*

Annual Ski Trip

All students who have taken or are presently taking a Phys-ed course this year are eligible to go on our annual ski trip. This year we are going to Blue Mountain Ski Club on March 4th. The \$55.00 cost includes return trip by highway motor coach, lift ticket and lesson. Ski, snowboard and helmet rentals

are \$15 extra! All students interested must pick up a registration package from the PHE office and have their forms and money submitted by Monday, February 29th. Spaces are limited so don't delay.

Ultimate Frisbee

By Mr. N. Betik

The Ultimate Frisbee Club continues to meet every Wednesday at lunch in the gym. Come out and join this fast-paced and newly popular co-ed sport. Please bring your gym clothes and athletic shoes to participate. We are particularly interested in grade 9 and 10 players!

Please speak to Mr. Betik, or Mr. Dufresne if you have any questions. See you at lunch!

Clubs

Students for life Ottawa trip planned

By Mrs. M. Rocha

Do you believe that all life is precious? Do you want to learn more about the pro-life movement? Do you want the opportunity to make a difference? If you answered yes to these questions, then you may be interested in attending The March for Life, 2 night-3 day trip to Ottawa.

The trip is on May 11 to May 13. For more information or to pick up permission forms, see Mrs. Rocha in the atrium at lunch all week.



Reach for the top

The reach for the top club will not be meeting on Wednesdays anymore. We will now be meeting every Thursday after school in rm 316. See you tomorrow in rm 316.

Bennie's Finance Club

What would you do with a \$1,000,000? More specifically, how would you invest it?

The Bennie's Finance club has started its semester two meetings Wednesdays at lunch in room 214. If you missed today's session, you missed getting a million dollars... Mr. Milardovic was handing it out as if grew on trees. Well, it's pretend money, and it's a stock market simulation, but it uses *real-time data*, so come meet up with us and learn about the stock market!

We will also talk about saving, financial planning, and other topics students who attend bring to our attention. It is up to you to decide the direction this club will take.

If you are still interested in getting a million dollars, Mr. Milardovic hands out money Tuesday through Thursday in room 214 at lunch. The club meets Wednesdays, but feel free to pop into the computer lab any other day to trade your stocks, talk about investing, and network with other interested students.



Student Activities

Semi Formal

Ladies and gentlemen, step right up for this year's carnival themed semi formal. Many of you know that the Bennies Semi is right around the corner on Friday, February 26, only a couple of days away. With tickets being sold out in only 4 days of sales, we are thrilled to have a night filled with excitement and fun. Don't forget saints that on Semi day, everyone will need their student card and their ticket to get in. Your ticket number must match your name when you purchased the ticket. FOR ANY reason saints, if you have to return your ticket or want to sell it to a friend, come by to the sac office to switch the ticket number and name. Wondering what to wear to this year's semi formal? Like any other year, formal wear is expected. We ask that guys wear a button-up shirt with some black pants, and ladies wear a semi formal dress. Don't forget saints to check out the SAC twitter, and instagram for more updates.

Bennies Arts

If you love the arts, you're going to love the week of February 22. On February 24, the Saints are excited to host a coffee house featuring amazing talent. Be sure to check it out at 7:00 pm for a great time filled with excitement. To make things even better, Bennies will be hosting a Sears showcase of "Oz" on February 25 at 7:00 pm. There's a lot to be excited about as arts at Bennies continues to impress.

SAC Remind Me Updates

Speaking of updates.... Do you want to receive text message updates on what's new and exciting at school?! Never miss a civvies day again, and never forget to expect a great event at lunch time. Pull out your phones saints and simply text "@SACREM" to "226-798-0922" to receive text updates on what's new and exciting.

The Arts

LEAPING into the March!

By Ms. S. REIS

Deep in the heart of the Bennies Jungle you can hear the Saints RUMBLE.

The noise? Is the easy way of being more active--walking.

Often times over looked as a valid exercise, walking can help build endurance, improve cardiovascular health and aid in promoting improved mental health. Establishing a target of 10,000 steps a day can be a realistic and fun way of increasing the amount of physical activity done in your day.



On February 29th thru to March 4th, St. Benedicts will launch its first Step Challenge initiative entitled LEAPING into the March. For five days students, staff and community partners will track their daily step count, in an attempt to walk to Ottawa and back. In partnership with the Region of Waterloo Public Health nurse, Muriel Vandepol, Waterloo Catholic District School Boards Health Active Living Consultant, Kathy Doherty-Masters and the students and staff leaders from Resurrection Catholic High School, St. Benedict will work toward championing healthy active living to our communities collaboratively, through the power of walking.

Getting involved in this initiative is as simple as 1-2-3!

1. **Download the following apps for your electronic device:** Iphones: steps; Blackberry & Android: pedometer. Fitbit users may choose to use this method of tracking. Access pedometers from SAC if these devices don't suit you!
2. **Set a Goal:** 10,000 steps/day. A target for long term health and to reduce the risk for developing chronic disease.
3. **Track Daily:** Complete the google form document or validate your step count in the atrium at lunch each day for the week.

Lace up those shoes, tie your man bun or hair back and fill up your water bottles. St. Benedict is about to get marching to the BEAT of good health as we collectively work toward a walking road trip! GO SAINTS GO!

Lenten Parish Mission

with the Franciscan Friars of the Renewal from New York

Join us!



Year of Mercy

With Fr Sebastian Kaijko and Friars

March 7-10
7:00-8:30 pm

Also joining us for all Masses March 5/6 weekend

- ➔ **Monday March 7th - "God's Love" with Vespers**
- ➔ **Tuesday March 8th - "God's Healing" with Reconciliation Service**
- ➔ **Wednesday March 9th - "God's Healing" with Eucharistic Procession**
- ➔ **Thursday March 10th - "God's Enduring Promise" - Closing Mass of the Holy Spirit**

Children's track
(Age 3-Grade 4)
Youth Choir



Fr. Sebastian Maria Kaijko, C.F.R. was born in Poland, and raised in Toronto. During a visit to New York he stayed with the Franciscan Friars of the Renewal, and said he found a spiritual peace. He was ordained a priest in 2013 and ministers in Bronx New York. He will be joined by several additional Friars.

Upcoming Events

Wednesday, February 24

2:10pm Yearbook Team
2:10pm Camera Club
6:00pm Arts Coffee House ** POSTPONED **
BENN Newsletter released

Thursday, February 25

10:40am Robotics Club
10:40am Giving Back Club
10:40am Programmers Club
10:40am Girls soccer information meeting
10:40am Lacrosse meeting

Tuesday, March 8

8:00am Animal Care Training
8:00am CPR-C/Standard First Aid Training
9:00am Reconciliation
10:40am Arts Council
10:40am Mock United Nations
10:40am Accepting Differences Club
10:40am Puzzles Club
10:45am Games Club
10:45am E-Car club

Wednesday, March 9

2:15pm Seams Sew Easy Club
2:15pm Games Club
2:15pm Jazz Band
6:00pm Badminton Club
7:00pm School Council meeting

Friday, February 26

6:00pm Semi-formal
Professional Activity Day

Monday, February 29

8:00am ABA Hair Show @ MTCC in T.O.
10:40am Robotics Club
2:15pm Concert Band

Tuesday, March 1

10:40am Arts Council
10:40am Mock United Nations
10:40am Accepting Differences Club
10:40am Puzzles Club
10:45am Games Club
10:45am E-Car club

Wednesday, March 2

8:00am Business Ethics & Leadership
10:40am Fresh Club
10:40am Cosmo Club
10:40am Guitar Club
10:40am Ultimate Frisbee
10:45am Financial Club
10:45am E-Car club
2:10pm Yearbook Team
2:10pm Camera Club

Thursday, March 3

10:40am Robotics Club
10:40am Giving Back Club
10:40am Programmers Club
2:15pm Seams Sew Easy Club
2:15pm Games Club
2:15pm Jazz Band
6:00pm Badminton Club

Friday, March 4

10:40am Star Trek Club
10:40am United Cultures
2:15pm Dr. Who club

Monday, March 7

10:40am Robotics Club
2:15pm Concert Band

8:00am CPR-C/Standard First Aid Training
10:40am Fresh Club
10:40am Cosmo Club
10:40am Guitar Club
10:40am Ultimate Frisbee
10:45am Financial Club
10:45am E-Car club
2:10pm Yearbook Team
2:10pm Camera Club
6:00pm Arts Coffee House
BENN Newsletter released

Thursday, March 10

10:40am Robotics Club
10:40am Giving Back Club
10:40am Programmers Club
2:15pm Seams Sew Easy Club
2:15pm Games Club
2:15pm Jazz Band
6:00pm Badminton Club

Friday, March 11

10:40am Star Trek Club
10:40am United Cultures
2:15pm Dr. Who club

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.
(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.

