St. Benedict C.S.S., 50 Saginaw Pkwy, Cambridge, ON N1R 5W1

April 13, 2016 · Volume 8, Issue 16

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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

April 27, 2016

Were you an April fool?

Thank you to those who took the time to respond to last Friday's special edition of the BENN newsletter! We're glad to see that you have a sense of humour and that you enjoyed it!

- Editor

- That Special Edition BENN was one of the best April Fool's jokes I've experienced! It was so creative I'm still laughing about it.
- Thanks for the laughs! I needed them today.
- That's awesome. I actually believed it until I reread its entirety. Best April Fools ever!!!
- Great April Fools joke! Seriously we started a debate in our household regarding the whole bathroom debate and how to spend the money....this went on for about a half hour..then I clicked on the link to "read more". Great! We were fooled!
- Good One!!! You got me...
- Awesome newletter @StBenedictCSS! #AprilFools #mademesmile

Benny's in the Local Media

CAMBRIDGE TIMES: St. Benedict d-man named hockey MVP
CAMBRIDGE TIMES: Students head Into the Cold for homelessness I...

Administrative

Canadian Tires Hero of Play Contest gets Cambridge, Ontario students anticipating the 2016 Olympic Games in Rio, Brazil

St. Benedict C.S.S. takes part in the Canadian Olympic School Program By Mrs. S. Reis-Power

To help kick off the 2016 Summer Olympic Games in Rio, Brazil, SBCSS is taking part in the "Hero of Play" Initiative brought to Canadian students across Canada in partnership with Canadian Tire and Canada's Olympic Team. During May 2-May 14, St. Benedict will be recognizing students who are active daily, inspire others to live a healthy, active lifestyle and

who embody the Olympic values of excellence, friendship and respect, with 10 collector pins. During this two week initiative, St. Benedict students will have the opportunity to participate in a number of different activities as they get excited for our Canadian athletes on the road to the podium, and win the Hero of Play contest.

"We're thrilled to be participating in the "Hero of Play" school contest", says Lorrie Temple Vice-Principal at SBCSS. "St. Benedict school has some of the most successful and established athletic programs in Cambridge. Not only are we excited to get behind our student athletes as they play and compete in a variety of sports here in the community, we are also looking forward to getting behind Canadian Olympic hopefuls."

Scheduled on May 2nd to May 14th, ten individuals within our community will be recognized as Heroes of Play, receiving one of the 10 collector pins, provided by Canadian Tire and a letter of

... ten individuals within our community will be recognized as Heroes of Play ...

acknowledgment for all their efforts. Coupled with this will be a variety of physical activities hosted on campus where students, staff and community members can win prizes and showcase their excitement for the summer Olympic Games.
 Capturing these events using media, videos and pictures,

will become a submission of evidence to the Canadian Tire Hero of Play evaluation team, in hopes of winning the contest and earning a visit from one of Canada's 2016 Olympians.

"A project such as this connects students to meaningful educational experiences and aligns very well with The Ontario Physical Education Curriculum and the Foundations for a Healthy School," says Muriel Vandepol, Public Health Nurse for the Region of Waterloo Public Heath. "Schools and their staff have a significant influence on the health and well-being of the students they teach. Fostering a culture that is focused and believes in the quality of life benefits physical activity and sport has to offer youth, can prepare youth for better learning and success. Promoting opportunities for enhancing students' social, emotional and physical health is a much needed area of focus for all Ontario schools and this initiative is a step in the right direction in improving the well-being of youth. Recognizing students who seek opportunities to become active, reinforces positive healthy behaviours that they will take further beyond their life as students within our schools- behaviours for a lifetime."

The "Hero of Play" contest includes two weeks of events from many schools across Canada, such as recognition programs and events, competitions, tournaments, videos, spectator events and assemblies, and concludes with a panel of evaluators who will recognize the outstanding work of two secondary schools in Ontario with a visit from a Canadian Olympian.

"We feel strongly about this event and the direct correlation it will have in enhancing student experiences..."

"We feel strongly about this event and the direct correlation it will have in enhancing student experiences, our student sport program involvement and begin the energy needed from Canadians in preparing for the 2016 Summer Olympic Games," says Nathaniel Dufresne, Physical Education Head. "Providing academic, social, emotional and physical benefits hence developing the entire individual and SBCSS prides themselves on this very principle." Written on the atrium wall is this phrase: "Heart of the Community—success for each, a place for all," a vision from the Waterloo Catholic District School Board that SBCSS models in all we do.

St. Benedict, in the past two years, has seen successful in a variety of initiatives and projects such as securing 20,000 dollars from the Ministry of Education Physical Activity in Secondary School Grant in 2014, winning the AVIVA Community Fund Broker supported competition in 2015, receiving a major boost to the community field of \$300,000 from the Lyle S. Hallman Foundation Children and Youth Capital Grants Program, hosting the RBC Sports Day in Canada event, and earning the Youth 4 Action grant from the Canadian Cancer Society. "We are proud of our students and staff for all their work

towards improving the overall health of our schools and sport programs, says Lorrie Temple, we have so much to be proud of and the Hero of Play contest is another example of our vision."

We play and engage in activities because it is fun, we can get lost in it, it takes us away from stress and worry, it allows us to share our gifts, it helps us smile and be free, and most of all we desire to keep doing it—to simply play. Whether you are an athlete playing in a sport, a spectator enjoying competition or simply supporting our Olympians during 2016 Rio games, we ALL play for something greater than ourselves. We ALL play for Canada.

St. Benedict Catholic Secondary School is Cambridge's largest high school with a long history in quality education. We believe in educating and nurturing hope and excellence in all learners-success for each a place for all. Please <u>visit our website</u>.

Interested in being Co-Prez?

BY STUDENT ACTIVITIES

If you're interested in applying for the two Co-President positions for next year's Student Council, please see Mr. Curtis for an application package, which includes teacher recommendations, student endorsements, a parent letter, your leadership resume, and a written essay. Application packages are due to the SAC Office by the end of the school day on Friday, April 29th.



News from the Guidance Department

By Mrs. P. KLASSEN

Calling all Grade 12 Graduating Students!

- 1. The Graduation ceremony is scheduled for Tuesday, June 28 at Conestoga College. Registration information regarding the celebration of this milestone was forwarded via period one classes this week so please ask your son or daughter if they have received it. Registration fees (\$80) and forms are due to the guidance office by Monday, May 2. Students who do not have a period one class should have received these forms during another period of their school day.
- 2. Completion of your Community Service Hours (minimum of 40) is required if you are planning to attend the Graduation ceremony in June. All Grade 12 students who have not yet completed and handed in their hours are reminded to do so as soon as possible. Grade 12 students are expected to submit their Community Service Hour forms to the main office by Friday, May 27.
- 3. Although some students who have applied to either college or university have started to receive admission offers, students need to be aware that many colleges and universities do not send out offers of admission until second semester mid-term marks have been received and processed. While it would be easier and far less stressful if all post-secondary institutions followed the same timelines with regard to admission offers, this is not the case. Students also need to be reminded that all offers of admission are conditional meaning that the offer can be removed if graduation requirements are not completed by June. Pay close attention to all of the details contained in emails and correspondence from the various universities and colleges so that deadlines do not get missed.
- 4. If you have not registered for the guidance distribution list, it is not too late to do so. This is where information regarding scholarships and awards is posted on a regular basis. To join our

distribution list, go to the guidance section on the school web page and click on "Join Our Information List." Once you join, you will receive regular updates from Mr. Betik via email.

OSAP (Ontario Student Assistance Program) Presentation

A staff person from the Financial Aid Office at Conestoga College will be visiting our school on Tuesday, May 3 to present information to grade 12 students regarding the process for applying to OSAP. Although the presenter is from Conestoga College, the information will be relevant for any Grade 12 student who is pursuing post–secondary education at either college or university. The presentation will be held in either Room 111or the Lecture Hall during period two. A sign– up sheet for interested students is available in the Guidance Office.

Get ready for Graduation!

BY SBCSS GRAD COMMITTEE

The planning for St.
Benedict's graduation, to be held on Tuesday, June 28, 2016, is well under way! All grade 12 students who are on track to graduate in June 2016 should have come home this week with a Graduation Registration Form and a Graduation Awards Nomination Form.

The registration form provides the graduates with the opportunity to make sure they have all of their required credits and community service hours, informs us if they will be attending the ceremony in June and, if so, asks them to choose their grad gown size.

The nomination form invites the graduate to nominate their peers in various categories for awards that will be presented during the ceremony in June. We ask that both of these forms be completed and returned to Guidance by Monday, May 2nd.

The ceremony invitations will be sent out in May. If you have any question, please contact Mrs. O'Connor in Guidance.

Summer School

There are several options available this summer for students who wish to attend summer school. Our board will be offering a selection of New Credit Courses through St. Louis is Kitchener. These courses will run from July 4 – July 27 (final exam July 28), from 8:30 AM – 3:30 PM, Monday to Friday. All classes will run at St. Louis is Kitchener, with the exception of Career Studies and Civics which will only available on–line. While transportation is not required, teachers will distribute 2 bus tickets at the end of each school day, to students who require transportation. These bus tickets will allow students use of the GRT transit system.

Summer school will be available this summer for St. Benedict students through the Waterloo Region District School Board, our coterminous board. Make-up Credit Courses will be offered at Jacob Hespeler Secondary School in Cambridge and Cameron Heights Secondary School in Kitchener. A selected number of New Credit Courses will be offered at Jacob Hespeler Secondary School in Cambridge, Sir John A. Macdonald Secondary School in Waterloo and Bluevale Collegiate in Waterloo. Classes will run from July 4 - July 27. Make-up courses are 3 hours in length, either morning or afternoon, while new credit courses are 6 hours in length, not including a 30 minute nutrition break. Students can register for a maximum of 2 make up credits or one new credit course. There will also be a limited number of On-line Blended Courses offered at all locations this summer as well. More information regarding summer school course offerings and registration is available in the guidance office. The registration deadline for New Credit, On-line Blended, and Locally Developed courses is Thursday, June 16. Students planning to take a make-up course have until Monday, June 27 to register. Transportation is provided for students who take summer school courses through the public board - a bus schedule will be available to students in June. Please see the guidance office for more information regarding summer school.

- 1. April, commonly known as Daffodil Month, is the month to fight back against cancer. The Canadian Cancer Society is looking for enthusiastic, dedicated volunteers to sell daffodil pins at locations in Cambridge, Kitchener, Waterloo and Elmira throughout the month of April. All volunteer shifts are 3 hours in length and volunteers can sign up for as many as they would like. Please visit waterloo.myccsschedule.ca to see all available shift and sign up or contact Nicole at 519-886-8888, extension 3144.
- 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, as well as on Friday, April 29 prior to the event. Please see Mrs. Klassen in the guidance office for more information.
- 3. The Royal City Soccer Club will be running soccer camps in several locations during July and August. They are seeking volunteers, as well as CIT's for their program. For more information check out the poster on the guidance bulletin board or call 1–800–427–0536. Online applications can be found at www.royalsoccer.com

Summer Opportunity from the Waterloo Region Small Business Centre

The Waterloo Region Small Business Centre and the Government of Ontario will once again be offering students across Waterloo Region the opportunity to participate in the "Summer Company" program. Summer Company is a provincial program that allows students the opportunity to gain real world experience at operating their own businesses over the summer break. Students will be provided with several free training workshops, the opportunity to meet with mentors on a bi-weekly basis and start-up funding. To qualify for the program, you must be at least 15 years of age and be attending school next year. The program will be accepting applications until May 6. Check out waterlooregionsmallbusiness.ca/summercompany or call 519–741–2604.

Employment Opportunity

RHB Group is Canada's leading school uniform and specialty school apparel company which is composed of R.J McCarthy, Halpern's and Beatties. RHB group is currently hiring Summer and Part-Time Retail Sales Associates for all locations. If you are an energetic, organized individual that is able to multi-task, meet deadlines and work well with a team then this may be a job for you. They offer great incentives, an excellent paid training program, flexible shifts and a fun work environment. See the poster on the guidance bulletin board for information on where to send or email your resume.

OSAP PRESENTATION

Graduating? Plans to go to a postsecondary institution? Need to find out about financial options?

Guidance has a representative from a financial aid office coming to St. Benedict to do a presentation on OSAP.

WHEN? Tuesday, May 3, 2016 period 2

WHERE? To be decided

WHO? Graduating students that do NOT have a summative planned that date/time

Sign up is in guidance until end of lunch May 2.

Catholic Board Seeks Nominations for Annual Distinguished Graduate Award

Grads making a difference locally, nationally & internationally

By WCDSB Newswire

The Waterloo Catholic District School Board is seeking nominations for its annual Distinguished Graduate Award. Deadline for submissions is April 15, 2016.

The prestigious award was initiated by the Board of Trustees in 2005 to honour graduates of Waterloo Region's Catholic Schools who have demonstrated outstanding commitment to their faith and have made significant contributions to their community.

More information, past winners, and the nomination form can be found on the Board's <u>Distinguished Graduate Award</u> page.

Discussing the Dominican Trip

BY MRS. L. TEMPLE



This week, our wonderful students who experienced the Dominican Social Justice Trip went around to Grade 10 classes and shared the experience. Their hope is other students will apply and carry on the trip within our school and board.

The trip is scheduled for Nov. 25-Dec 2, 2016. If you are into social justice, excited to put your faith into action and meet some amazing people across the world: this trip is for you.

Applications are due mid-April. Get yours asap from Mrs. Temple in the main office.

Going Into the Cold

By Melissa Couto

Into the Cold is an event run through all five high schools of the Waterloo Catholic District School Board. On April 8 to 9 I was lucky enough to be a part of this event.

The purpose of this event was to give students an opportunity to experience homelessness and get a sense of the struggles that the homeless face. The group of fifty students all slept in tents outside in front of Cambridge City Hall. We also



Students slept in tents in front of Cambridge City Hall to experience a night as a homeless person as part of the *Into the Cold* experience.

participated
in a silent
vigil on
Dickson
Street
advocating for
those who are
homeless and
youth

suffering from addictions.

Being a part of Into the Cold was an amazing and moving experience. My deepest sympathies go towards those who are currently facing housing struggles and addiction.



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.



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

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 quidance or attendance office for assistance.

Classrooms are No Phone Zones!



Classrooms are for learning. The use of cell phones is not permitted in



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 you 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.

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.

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 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.

Alumnus visits Dragon's Den, lives to tell about it

By Mr. F. WITTMANN

Alumnus Amad Abdullah was a guest speaker for business classes on April 8th, fresh from his successful appearance on Dragon's Den, which aired the week prior. Amad is the CEO of oneset.co – a community-based personalized fitness app. Anyone can upload short videos on their workouts. Famous athletes like Andrew Wiggins have done so. Users can search for workouts they like, and compile their own fitness program. In Amad's words, "oneset is the 'vine' for fitness".

Amad and his wife Heather—another Bennie's grad who appeared on the segment—were successful



Mr. Wittmann with former student Amad Abdullah, who slayed four dragons on the CBC hit show, *Dragon's Den*.

slaying 4 of the 5 dragons, negotiating a \$50,000

investment for 20% of the company.

Students were completely engaged in Amad's presentation, and peppered him with questions about the digital world of business. Amad shared many tips to be successful in business, including the need to network, network, network. He has also offered to be a volunteer with the Business Department,

in



After his presentation, Amad took some time to talk to our *DECA* business students, who are preparing for Internationals at the end of the month.

helping students with their proposed ventures.

- ▶ Watch their pitch on the CBC website
- ▶ Visit their company website, oneset.co

Former student gives programmers a taste of life after high school

BY MR. A. MILARDOVIC

Today the two computer programming/computer science classes got to hear about the post-secondary experiences of Julian Horvat, a former Bennie's student and soon to be University of Guelph graduate. Julian graduated from St. Benedict in 2011, and five years ago he was in the same spot as the grade 12 programmers today.

Julian is finishing the 5-year Computer Engineering program at UG, where he spent much of his time in Co-op placements experiencing the vast world of programming in its various facets, from database administration to app development. His placements included business software giant SAP, and Desire2Learn, where he was on a team developing a mobile app for the platform.

The messages Julian presented were quite clear: work hard, strive to problem solve, and be an effective communicator.

Students in both classes listened intently as he explained the co-op process (including being flown by Microsoft to Vancouver for an interview day), and the importance of an effective group dynamic when working on programming—in the real world, programs are a lot more complex than what you do in high school, and no one person ever completely codes a project on their own.



Bennie's alumnus Julian Horvat talks to computer science students about university-level computer courses.

Are you a St. Benedict alumnus?

Stay in touch and let us know what you are up to!

Contact former teachers through our website and share your work/life experiences with our students!

About ▶ St. Benedict Staff

Spring Sports Season Starts.... Soon

The spring team schedules have been posted to the website calendar; spring sports action begins next Monday.

Stay up to date with District 8 Sports

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

The new <u>District 8 website</u> 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

Fast is almost here

BY MRS. M. ROCHA

It's finally here! It's time to sign up for the much anticipated OVERNIGHT FAST! For more details, check out the posters throughout the school. Pick up forms in the atrium at lunch from April 11-15. See Mrs. Rocha if you have any questions.

Students Savour Skills Success

Please congratulate the following students on their accomplishments at this year's Skills competition:

- Aaron Fleury Gold Medal Carpentry
- Rye Pescod Silver Medal Carpentry
- Hunter Crowe Gold Medal Precision Machining
- Luca Billato Bronze Medal Precision Machining
- William Kosciukiewicz Silver Medal Precision Machining
- Yaseen Elghamudi Silver Medal Prepared Speech
- Corrina Brown Silver Medal Culinary

It's COMMMMMIIINNNGGGG!

BY Ms. A. WEILER

The biggest. baddest, Team Art Battle extravaganza on May 4 at lunch and we need YOU! Put together your team of the craziest, most talented, amazing contestants and get ready to get your battle on.

Anyone interested in participating needs to attend a brief but mandatory meeting Monday in room 107.

See Ms. Weiler, Mrs. McGhee or Miss Fernandes for more details.

Student Activities

The Arts

Other News



Upcoming Events

Thursday, April 14 10:40am Robotics Club 10:40am Giving Back Club 10:40am Programmers Club 10:40am Fresh Club

2:15pm Seams Sew Easy Club

2:15pm Games Club

2:15pm Jazz Band

6:00pm Badminton Club

Friday, April 15

10:40am Star Trek Club

10:40am United Cultures

2:15pm Dr. Who club

Monday, April 18

2:15pm Concert Band

3:45pm Sr. Boys Soccer vs St. Mary's HS

3:45pm Girls Soccer @ St. Mary's HS

Civics/Careers turnaround day

Tuesday, April 19

8:00am Future Building Trade Show

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, April 20

8:00am The Role of the Museum & Intro to

Anthropology/Archeology @ the ROM

8:00am How to Open an Auto Repair Shop 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

2:30pm Sr. Boys Rugby vs Resurrection CSS

3:00pm Sr. Boys Soccer @ Our Lady of Mount Carmel

Thursday, April 21

10:40am Robotics Club

10:40am Giving Back Club

10:40am Programmers Club

10:40am Fresh Club

2:15pm Seams Sew Easy Club

2:15pm Games Club

2:15pm Jazz Band

6:00pm Badminton Club

Friday, April 22

Professional Activity Day

Monday, April 25

2:00pm Sr. Boys Soccer vs St. David CSS

2:15pm Concert Band

3:45pm Girls Soccer @ St. David CSS

Tuesday, April 26

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

3:30pm Sr. Boys Rugby @ St. Mary's HS

10:40am Ultimate Frisbee

10:45am Financial Club

10:45am E-Car club

2:00pm Sr. Boys Soccer vs Resurrection CSS

2:00pm Girls Soccer @ Resurrection CSS

2:10pm Yearbook Team

2:10pm Camera Club

BENN Newsletter released

Thursday, April 28

8:00am Intro to Lean Manufacturing

8:00am Infection Control

10:40am Robotics Club

10:40am Giving Back Club

10:40am Programmers Club

10:40am Fresh Club

2:15pm Seams Sew Easy Club

2:15pm Games Club

2:15pm Jazz Band

6:00pm Badminton Club

Mid-term report cards distributed

Friday, April 29

10:40am Star Trek Club

10:40am United Cultures

2:15pm Dr. Who club

4:15pm Sr. Boys Rugby vs Rockway MC

Did you know?

There are over 1,400 entries on our school calendar on the website!
This means plenty of opportunities for your son or daughter to get involved!

Check the calendar on our website for more information. New information is always being added, and more detailed information about upcoming events can be found there. To see the full calendar, go to Benny's News ► Calendar of Events.

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



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



