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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

May 11, 2016

Catholic Education Week

Next week is Catholic Education week, an opportunity for us to celebrate who we are as not only an academic community but also a Catholic system. And although we carry the title of a Catholic school, it does not give us distinct status where we look down on those who aren't. St. Benedict is an inclusive community, one that accepts all. We strive to greet each stranger as a friend, and we try to live in a way to be the Heart of the Community: Success for each, and a place for all.

Over the course of the week there will be several activities and events to engage staff and students. As with anything else, we encourage students to get engaged, get active, and get involved. As we celebrate Catholic education week, we also reflect on all the good that your son or daughter bring to other community. And that, indeed, is something worth celebrating *every day*.

– Editor

Benny's in the Local Media

THE RECORD: [Undeclared season for St. Benedict wrestler](#)

THE RECORD: [Heart health focus of free event](#)

CAMBRIDGE TIMES: [Badminton players are CWOSSA bound](#)

Administrative



BISHOP OF HAMILTON

Catholic Education Week
May 1-6, 2016

Dear brothers and sisters in Christ,

All of us, young and old, children in school, their parents and teachers, parish priests, bishops, Catholics around the world have been asked by the Holy Father, Pope Francis, to spend an extraordinary year contemplating mercy.

Pope Francis has been reminding us that God's mercy is a mystery. God's mercy is very much tied to "*his steadfast love that endures forever.*" (Psalm 136) The Pope also tells us that we can see and experience God's mercy in very concrete ways in the "*intentions, attitudes, and behaviours that are shown in daily living.*" (Misericordiae Vultus, 9) The theme for Catholic Education Week, "*Opening Doors of Mercy*" includes this line from the Gospel of Matthew: "*Blessed are the merciful, for they will receive mercy.*" (Matthew 5:7). These words come from an important teaching of Jesus called *The Beatitudes*. Jesus teaches the people the actions and attitudes that bring blessing to us and bring justice, peace, hope, and mercy to the world.

Our publicly funded Catholic Education system in Ontario is a privileged place where *The Beatitudes* can be taught, learned and lived. From the youngest in our system right through to those in secondary studies and beyond, young people learn to carry these beatitudes into their families, their communities, and in the world.

In a particular way during this week celebrating our publicly funded Catholic Education system in Ontario, we are asked to focus on what it means to be merciful. Throughout this week, you will be reminded of some of the many stories of mercy in Scripture. This is good; we learn so much at every age from studying these stories of Christ's mercy. Pope Francis says, "*Jesus Christ is the face of the Father's mercy*" (Misericordiae Vultus, 1) so when we see Jesus in these stories we see God.

In our Cathedral Basilica of Christ the King, the *Door of Mercy* stands as a sign of welcome to all those who seek out God's mercy. The faithful are called to come, open the *Door of Mercy* and walk through. In the same way, the *Holy Door of Mercy* in Rome is a sign to the whole world-wide Church – beckoning us to seek out God's mercy. But you too, children, young people, caring adults, parents and all who collaborate in the work of our Catholic Schools and University, you are called to be signs of God's mercy. As you walk out the doors of your classrooms and your homes, out into the world, allow the Beatitudes to continue to inspire your care of the poor, the vulnerable, and the needy. Allow them to encourage you as peacemakers on the playground, in the classroom, in your families and parishes. Continue to be close to those who mourn, who are persecuted, and who are genuinely seeking righteousness.

Know that I am with you in prayer this week and always as we strive to be merciful like the Father.

Entrusting you all to Mary, Mother of Mercy,

+ *Douglas Crosby*, OMI

(Most Rev.) Douglas Crosby, OMI
Bishop of Hamilton

St Benedict Prays

By MR. B. REMPEL, CHAPLAIN

As a school community we spend a significant time in prayer and thought that it would be good to share in common a few specific prayers. We met with students of all ages and co-constructed a school prayer that will be unveiled at our May 4, Catholic Education Week Mass.

One of our DECA coaches, Mr. Milardovic, created a competition prayer that is being used by our various school teams. And our sending prayer is a favourite that is often used to close meetings and other gatherings.

We continue to value the time we pray as individuals, groups and the entire school.

School Prayer

God, you have made us and brought us together as a diverse group of people, all reflecting your image. We pray that we would celebrate and respect one another for who we are and what we do. Help us create a faithful, safe and compassionate community where each of us can be successful. We pray that our Catholic education would make us wise and loving people. Help us use our knowledge and leadership abilities to transform our world into a community where people act with compassion and kindness. Amen.

Competition Prayer

God, we thank you for the skills, abilities and talents which you have bestowed upon us. Guide us in our competition that we may be faithful to your Word and honour the spirit of competition. Recognising that you have created all things, help us respect those with whom we compete. Console us in defeat, keep us humble in victory, and may we forever do good in all we do, with eternal thanks to you. We ask this through Christ our Lord, Amen!

Sending Prayer

May the God of consolation bless you in every way and grant you peace in the coming days. May God free you from all anxiety and strengthen your heart in love. May God enrich you with the gifts of faith, hope and love. May almighty God bless you in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Support Mental Health Awareness Shirts for mental health awareness will be sold this week and next in the atrium outside the main office.

**The cost is \$15 dollars
You can wear them next Wednesday and Friday if you purchase one**

Please support mental health awareness.

Link Crew is now accepting applications for the 2016 - 2017 school year!

All students currently in grade 10 or 11 are invited to apply. We are looking for students that would like to help make the grade nines transition to high school life at St. Benedict's a positive and fun experience!

Applications are available in Guidance office and completed forms are due by next Thursday, May 5th by 2:15pm. No late applications will be accepted. If students have any questions, they are invited to seek out one of the Link Crew Co-Ordinators: Mrs. Arkell, Mr. Borba, Mr. Curtis, Mrs. Reis, Mr. Reitzel, Mr. Riso or Mrs. Temple.

News from the Guidance Department

By MRS. P. KLASSEN

Summer Job Opportunities

1. Hespeler Minor Softball is currently hiring umpires for May and June. If you enjoy playing baseball and enjoy work that involves being outdoors, register to become an umpire today. Contact Jeff Zeffer (Chief Umpire) at 519-573-7987 or jeff.zeffer@hotmail.com
2. The Optimist Club of Puslinch, in cooperation with the Friends of Mill Creek, Grand River Conservation Authority and the Ministry of Natural Resources is seeking 4 candidates who are interested in working outdoors in Puslinch Township and the City of Cambridge. This is a great opportunity for anyone interested in the environment and natural resources. Preference will be given to applicants who are at least 17 years of age. The work involves strenuous tasks, working in water and possible exposure to adverse weather conditions. A more detailed job description is posted on the guidance bulletin board. Applications are due to careers@grandriver.ca by May 1, 2016.

Attention Grade 12 Students!!

1. Grade 12 Students who are planning to attend the graduation ceremony on June 28 at Conestoga College are reminded that their graduation forms and fees are due to the guidance office by Monday, May 2.
2. Consider nominating your classmates for one or several of the "Awards of Honour" that will be given out at graduation. We welcome and want the input of the graduating class. The nomination packages were given out at the same time as the graduation forms – extras are available in the guidance office.
3. 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.
4. 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.

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

Can you help a student prepare for prom?

As part of our support for students, several staff members have initiated the creation of a prom boutique. The goal is to provide students with some

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 111 or the Lecture Hall during period two. A sign-up sheet for interested students is available in the Guidance Office.

of the finishing touches to help make their prom night a memorable experience.

We have already collected some dresses, shoes and jewellery, but we could always use more. We could use some ties, suit jackets, etc. for male students.

If you have anything in your closet that you don't wear or were thinking of giving away or getting rid of, please consider donating it to our cause.

Items can be dropped off to Mrs. Temple in the main office.

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 in 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 in Kitchener, with the exception of Career Studies and Civics which will only be 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.

Community Service Opportunities

1. "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. Contact kdissanaye@rogers.com for more information.
2. Great Big Theatre Company (GBTC) is seeking volunteers to assist with their Summer Day Camps which are held at various locations in the Waterloo Region. Each week can provide a volunteer with 50 hours of community service. Duties include preparing and implementing various camp activities, as well as supervising campers during lunch, snack and extended hours. Training sessions will be held in June to make sure that volunteers are confident and prepared to implement the camp agenda constructively and safely. Contact Great Big Theatre Company ASAP if you are interested. Register at www.bgtc.com or call 1-866-864-4282 and speak with Charles or Lily Small.

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
4. The United Way Volunteer Centre can help you get connected with volunteer opportunities, gain hours, job skills and letters or reference. Check out 2016 Volunteer Guide for Cambridge and North Dumfries.
5. Greenway Chaplin Services will be hosting a "Bike Rodeo" at Calvary Assembly Church on Monday, May 16 from 5:00 – 7:00 PM with set-up occurring between 3:00 – 5:00 PM. Students who are interested in volunteering at this event should call Emily at 519-623-4220 or email emilyj@greenwaychaplin.com
6. The Cambridge Rotary Family Rib Fest will be seeking as many as 400 volunteers for this event again this summer. Be a part of an event which provides support for many local charities. Check out their web site at www.cambridgeribfest.com Interested volunteers should contact volunteer@cambridgeribfest.com

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.

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

**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](#).

Graduates!

Please submit your registration forms this week even if you paid online!! The deadline is May 2!

Do you want to design this year's graduation cover? If so, please see Mrs. Offak in room 208 for details!

WANT TO DESIGN THIS YEAR'S

 **GRAD PROGRAM COVER?** 

WHO: Open to all graduating students

WHAT: Create and design a cover that represents St. Benedict's

MUST INCLUDE:

- School Name
- Graduation Date
- Class of 2016

DUE DATE: All submissions are due to no later than May 20

See Mrs. Offak in room 208 for an entry form



Discover Japan in 2017!

By MR. M. MASCARENHAS

The Waterloo Catholic District School is proud to announce the initiation of an International Exchange Program, and in particular the Japan Exchange opportunity that is coming up for WCDSB students.

In brief, the exchange will involve two aspects:

1. 80–85 students from Japan will visit Waterloo Region, stay with families/students from our five high schools and attend our schools from April 14, 2017–April 28, 2017.
2. 40–80 students from WCDSB will travel to Japan from July 21, 2017–August 4, 2017.



Our initial plan is to involve students who will be in Grade 10 and 11 next school year.

On Wednesday May 11, there will be a presentation to interested Grade 9 and 10 students during lunch.

On Thursday May 26th, there will be a presentation at St. Benedict (6:30p.m.) for parents to let them know more about the specifics of the program and the application procedure.

Please contact Mike Mascarenhas (Language and Communication's teacher) at St. Benedict if you have any questions about this exciting opportunity for students in this region!

Do you have an awesome teacher?

Do they have innovative ideas?

Are they simply amazing and helpful?

Please consider nominating a terrific teacher today for the Barrday Teacher of Excellence Award. Please visit our school website or see Mrs. Temple in the main office for more details. Nomination letters are due April 29th.

Think of celebrating an amazing teacher today!!!!

Athletics

Varsity girls fall to the Eagles, blank the Celtics


By MR. J. BAILEY

Last Monday afternoon, the Varsity Girls Soccer Team had their first game of the new season against St. Mary's. Our Saints fell behind after a slow start to the game, but slowly started to take control of the play and mounted a comeback in the second half; which was highlighted by Nikki Soares' amazing goal on a great pass from Taylor Vieira. Unfortunately the comeback fell short and the Saints came up on the losing side this time, 2-1.

The girls regrouped and played well on their way to a win against St. David's this Monday afternoon. Our girls ran a well balanced attack combined with solid defence to secure the 2-0 victory!

Saints goals came from Makayla Cabral and Viktoria Quilty with Jordyn Galway assisting on both goals. Emma Croswell made several key saves to secure the shutout, including an amazing stop on a penalty shot!

Wish the girls luck as they travel to play against Resurrection on Wednesday!



Sr. Boys rugby
Resurrection 21, Saints 7
St. Mary's 72, Saints 0

Girls soccer
St. Mary's 3, Saints 1
Saints 2, St. David 0

Sr. Boys soccer
St. Mary's 2, Saints 1
Saints 7, Our Lady of Mount Carmel 0
St. David 3, Saints 1

Staff and Students awarded as *Heroes of Play*

By MRS. L. TEMPLE

On Monday and Wednesday this week, Ms. Reis and Mrs. Temple were able to honour and celebrate 10 "Hero of Play" Award winners.

A Hero of Play is someone who is active daily, inspires others to live a healthy, active lifestyle and embodies the Olympic values of excellence, friendship and respect. The following recipients are truly Heroes of Play. The Canadian Olympic Committee, along with the Canadian Olympic School Program has partnered with Canadian Tire to bring this initiative to the forefront. A true Olympian makes physical activity a priority and clearly these winners encourage others to get active every single day- Way to Go!!!

The winners are: Grade 9: Ben M and Bethany L; Grade 10: Hope H and Sebastian L; Grade 11: Bryan M and Emily S; Grade 12: Devaughn C and Abby V.

There is also an award presented to staff; our recipients are Mrs. Sally Reis and Mr. Nathaniel Dufresne.

Congratulations to all our winners!

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

*"Gold Medals aren't really made of gold.
They're made of sweat, determination, and a
hard-to-find alloy called guts." (Dan Gable)*

the school (or schools) you want to follow, and all
the sports results will be sent to your email address.
The service is free. Sign up by [following this link](#).

Looking for something fun and exciting to do this summer!

St. Benedict Basketball Camps 2016

**July 11 – July 15
For Boys & Girls
Entering Grades 1 to 9**



PROGRAM FEATURES

- *Reversible Camp Jersey for each camper*
- *Certificate of Achievement*
- *Coaches' Individual Evaluation*
- *Packet of Age Specific Drills and Fundamentals to Take Home*
- *Individual and Team Competitions*
- *Elite Sessions for More Advanced Players*
- *University Level Guest Coaches*
- *Awards and Prizes*
- *Early-Bird Speed and Agility Sessions*
- *Special guest lecturers and much more!*

FOR MORE INFORMATION OR
APPLICATION BROCHURE VISIT OUR
WEBSITE AT Stbenedict.wcdsb.ca AND
SELECT "ATHLETICS".

YOU MAY ALSO CONTACT:
JOHN MALNERICH AT
ST. BENEDICT CATHOLIC SECONDARY SCHOOL
519-621-4050 EXT 5337

Clubs

This Just in Saints among top Ontario DECA participants at Internationals in Nashville

BY MR. F. WITTMANN

As you may recall, in February a group of over fifty St. Benedict students went to Toronto to participate in the provincial DECA business competitions. Last week, eight of our students headed down to Nashville, Tennessee to participate in the International level of the competition.

The team of Tyler DeSousa, Trevor O'Hagan, and Adam Lainey (Maple Leaf Sports Entertainment) and George Danayan (Wipe Your Ads) both finished TOP 10 out of 200 teams in their categories. They were not Top 3, so they were somewhere between 4th and 10th. Both teams were hoping for a top 3 placement, but it was not to be.

A Monsignor Doyle student, Reno Natalizio (Education Investment), placed 2nd in his category! Three groups in the Top 10 is the best performance for our Board at DECA Internationals.

As usual, DECA Ontario as a group beat all other States with 135 Top 10 finishes, and 31 Top 3 placements. Not bad, eh? For a bunch of Canadians!

We will have more upon their return in the next issue of the BENN.

Student Activities

Interested in being Co-Prez?

BY STUDENT ACTIVITIES

Anyone who is interested in running for one of the two positions of Co-President for next year, the applications are due this Friday, April 29th by 2:30pm to Mr. Curtis in the SAC Office. No late applications will be accepted. Our Co-President Election Campaign begins on May 9th.



The Arts

Other News

PARISH CONNECTIONS

St. Mary of the Visitation seeks to help the less fortunate

BY FATHER F. FREITAS

At St. Mary of the Visitation, we seek, as a parish family, to B MORE. One way we have done this is by partnering with a parish in inner city Hamilton which feeds 125-150 people who suffer from mental illness or who are homeless. Their outreach program aides those who, for various reasons, are not able to access shelters, hostiles or even government aide.

The parish has approached us asking for our teens to connect either by helping with serving the food on a Saturday to their clients, or by collecting and packaging goods which would be given to those who are served. If you are interested in supporting or want to help out, please let me know or let Ms. Tapper know at the school.

Best wishes and Blessings!

Celebrate with our Community

We invite all alumni to
join in our festivities
at our
ALUMNI OPEN HOUSE
as St. David C.S.S.
turns 50!

May 7, 2016
12:00 - 5:00



For more information

Facebook: *St. David CSS 50 Year Reunion 2015*

Website: *stdavid.wcdsb.ca*

Please RSVP using the link

Scherer



MASS at Noon

**DROP IN
ACTIVITIES**

- Ping Pong
- Horseshoes
- Bocce Ball
- Basketball
- Volleyball
- Touch Football

Including 2016 male and female soccer teams

**ALUMNI
SOCCER GAME**

**COACHES'
CORNER**

*Featuring York, Rodriguez,
Boland, O'Brien, Mousoun,
Ingoldby, Dietrich,
Redfearn, Sine, Sabourin,
Dony and many more!*

*Live music
in the Cafeteria
(the old gymnasium)*

**COFFEE
HOUSE** 3 - 4:30

**SPATIO
IS SOCIAL**

*Join us on the
Huesther Hotel Patio*

*Come join Alumni for an
afternoon of social events
including*

**DRIVE FOR YOUR
STUDENTS EVENT** 1 - 3 PM

RSVP link

Bishop's Banquet

In Honour Of
The Most Reverend

Bishop
Daniel
Miehm

Auxiliary Bishop of the Diocese of Hamilton

11TH ANNUAL

Keynote Speaker:
Bishop
Daniel Miehm



Wednesday, May 18 • 2016 • 5:30 pm

Catholic Education Centre • St. Mary's Parish Hall
35 Weber Street West • Kitchener • Ontario



Proceeds to Support : Faith Formation Programs
within the Waterloo Region Catholic Schools



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Thorup Angeletti
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**KNIGHTS
OF COLUMBUS**
IN SERVICE TO ONE. IN SERVICE TO ALL.
Kitchener Knights of Columbus
Father Funcken Council 1504

Tickets & Information, Dorothy Lubaszka Tel: 519.578.3660 or info@wrcsf.ca

A charitable receipt will be issued for a portion of the ticketed price.

The Youth Ambassador Club

The Youth Ambassador Club meets most Tuesdays from 3:30–5:30pm at the St. Benedict Library – seminar room 1. Each week we learn about issues in our community and the world, and work on micro-projects to make an impact.

Students earn volunteer hours through our fun and meaningful activities. Please contact Lily Viggiano, Youth Engagement Coordinator at United Way Cambridge and North Dumfries to learn more/join – lily@uwcambbridge.on.ca.

For updates on available volunteer positions for over 60 organizations in Cambridge follow [@cambridgeyouth](https://twitter.com/cambridgeyouth) on Twitter.



*Dr. Pandey
invites you to the
12TH Annual
Healthy
Heart
Day*

Your journey to a Healthy Heart...

Keynote Speakers:

Dr. Peter Lin, MD CCFP Medical Correspondent to CBC's:
The National & CBC Radio

Dr. Paul Oh, MD, MSc, FRCPC, FACP Assistant Professor University of Toronto
Medical Director, Cardiac Rehab, Toronto Rehab Institute, UHN

Saturday April 30th 2016

8am-1pm (Registration: 7:15am, Survivor walk 7:30am)

St. Benedict Catholic Secondary School

50 Saginaw Parkway, Cambridge (Rear Entrance)

♥ Personalized Risk Assessment ♥ Health Fair

Register for **FREE EVENT**

healthyheartday@rogers.com • 519.624.3511

www.cambridgecardiaccare.com



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Country and more

ROGERS tv.

Langs
community health solutions



**Cambridge
Cardiac
Care**
Prevention. Detection. Therapy.



Manulife
LPGA CLASSIC

FREE? Really? YES.

Children 17 and under admitted free.
Adult tickets start at only \$30.

Aug. 31-Sept.4 | Whistle Bear Golf Club
www.manulifeclassic.ca

Upcoming Events

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

Monday, May 9

2:15pm Concert Band
3:00pm Sr. Boys Soccer vs ES Père-René-de-Galinée
3:00pm Girls Soccer @ ES Père-René-de-Galinée
Co-presidents' campaign week

Tuesday, May 10

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
1:30pm Sr. Boys Slo Pitch vs Resurrection CSS
1:30pm Sr. Girls Slo Pitch vs Resurrection CSS
3:15pm Sr. Boys Slo Pitch vs St. Mary's HS

2:15pm Dr. Who club
4:15pm Sr. Boys Rugby vs Rockway MC

Monday, May 2

2:15pm Concert Band
3:00pm Sr. Boys Soccer vs Woodland Christian HS
3:30pm Girls Soccer @ Woodland Christian HS
Catholic Education Week

Tuesday, May 3

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
1:30pm Sr. Boys Slo Pitch @ St. David CSS
1:30pm Sr. Girls Slo Pitch @ St. David CSS
3:00pm Sr. Boys Rugby @ Resurrection CSS
3:15pm Sr. Boys Slo Pitch @ Resurrection CSS
3:15pm Sr. Girls Slo Pitch @ Resurrection CSS
Catholic Education Week

Wednesday, May 4

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
3:00pm Sr. Boys Soccer @ Monsignor Doyle CSS
3:00pm Girls Soccer vs Monsignor Doyle CSS
Catholic Education Week
Easter mass

Thursday, May 5

10:40am Robotics Club
10:40am Giving Back Club
10:40am Programmers Club
10:40am Fresh Club
1:30pm Sr. Boys Slo Pitch @ Monsignor Doyle CSS
1:30pm Sr. Girls Slo Pitch @ Monsignor Doyle CSS
2:15pm Seams Sew Easy Club
2:15pm Games Club
2:15pm Jazz Band
3:00pm Sr. Boys Rugby vs St. Mary's HS
3:15pm Sr. Boys Slo Pitch vs St. David CSS
3:15pm Sr. Girls Slo Pitch vs St. David CSS
6:00pm Badminton Club
6:45pm School Council Family of Schools mass
Catholic Education Week

Friday, May 6

8:00am Air Brakes Training
8:00am SHSM certification day at University of Guelph
10:40am Star Trek Club
10:40am United Cultures
2:15pm Dr. Who club
Catholic Education Week

Sunday, May 8

Mother's Day

3:15pm Sr. Girls Slo Pitch vs St. Mary's HS
3:30pm Sr. Boys Rugby @ Rockway MC
Co-presidents' campaign week

Wednesday, May 11

8:00am Ethics and Leadership Training
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
Co-presidents' campaign week
BENN Newsletter released

Thursday, May 12

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
Co-presidents' campaign week

Friday, May 13

10:40am Star Trek Club
10:40am United Cultures
2:15pm Dr. Who club
Co-presidents' campaign week

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.

